



LDN: A Breakthrough for Immune Challenges

Rita's multiple sclerosis progressed to the point that she had to use a cane or wheelchair to get around. Then she started taking LDN. She now jogs three miles every other morning. "Not bad for an MS patient," her husband reports.

Joy suffered with chronic fatigue and fibromyalgia for nine years. There were many days she couldn't even get out of bed, which put an end to her nursing career. Nothing helped until she got a prescription for LDN after reading about it in *Health & Healing*. Within five days the pain was gone, and over the next two months her fatigue subsided. "Today, I continue to have the same great relief."

Mark began taking LDN for Crohn's disease, and his symptoms rapidly improved. He says, "After 14 years of pain and diarrhea, I call LDN my miracle drug."

J.A. was diagnosed with pancreatic cancer with metastasis to the liver, a routinely fatal disease. When he failed to respond to chemotherapy, he was told his prognosis was "hopeless." Three months after he began treatment with LDN, antioxidants, and nutritional therapies, he returned to work. Eight years later, he was still alive and well.

Hope used to get cold sores every three to four months until she started taking LDN five years ago. She has had only five outbreaks since. Harry swears it staves

off colds and flu, and Laura considers LDN to be an important part of her prevention and wellness regimen.

Size Matters

Low-dose naltrexone (LDN), as its name implies, is simply a low dose of naltrexone, a drug discovered more than 50 years ago. In doses of 50 mg, naltrexone is an FDA-approved treatment for alcohol and drug dependency. It blocks the euphoric and sedative effects of alcohol and heroin, oxycodone, hydrocodone, and other opioids, so if a person taking naltrexone uses these substances, they don't get high and cravings diminish.

In doses of 3–4.5 mg, however, naltrexone is a versatile therapy with proven benefits for autoimmune diseases, fibromyalgia, cancer, depression, and more.

Although the uses of regular-strength and low-dose naltrexone are completely different—dose really matters when it comes to this drug—the benefits of both hinge on its ability to bind to opioid receptors and modify endorphin activity.

Endorphins: More Than a Runner's High

Endorphins are naturally produced "feel-good" neurotransmitters that attach to opioid receptors, reduce pain perception, and enhance mood and sense

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LDN: Published Clinical Trials

- Autoimmune diseases
- Cancer
- Chronic pain
- Crohn's disease
- Depression
- Fibromyalgia
- Glioma (brain tumor)
- HIV
- Inflammatory bowel disease
- Irritable bowel syndrome
- Multiple sclerosis
- Parkinson's disease
- Post-traumatic stress disorder
- Ulcerative colitis

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

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

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

Dear Reader,

Summer is here, and it's vacation time. Or is it? According to a 2016 survey, 53 percent of Americans had not taken a vacation in the previous 12 months. Sure, trips cost money, and vacations require time away from work. But our reluctance to take vacations goes beyond financial concerns.

Most employers offer paid vacation time, an average of 10–20 days per year, depending on length of employment. Yet more than half of workers failed to use all of their vacation time in 2015, and one in three took no vacation days. All told, 658 million vacation days went unused—even though one-third of those days, worth a total of \$61.4 billion, could not be paid out or rolled over into the next year. Instead, they were simply lost.

Although we like to complain about how busy we are, psychologists suggest that busyness has become something of a status symbol. A new study by Harvard and Columbia University researchers found that people who work long hours or have full calendars are perceived as being more important and having a higher social status than those with a leisurely lifestyle. (Interestingly, Italians who were surveyed associated leisure time with higher status.)

Stress and overwork are significant contributors to poor health, and our culture of busyness is taking a toll. We eat on the run—50 million fast-food meals are served in the US every day—and don't get enough exercise, often because of "lack of time." Two-thirds of Americans report chronic sleep problems, and one in six takes antidepressants or other psychiatric drugs.

The solution? Take a vacation. Accept the fact that the world won't fall apart if you step away from work—and that includes taking a break from work-related calls and emails. Retirees, acknowledge that retirement is not an endless vacation and plan something out of the ordinary. If getting out of town isn't in the cards, take a "staycation"—stay home but make the time special by planning daytrips and enjoying attractions near your home.

Taking a vacation won't cure everything that ails you, but it will enable you to relax, de-stress, participate in activities you enjoy, and spend time with people you love.

Have a great summer,




LDN (continued from page 1)

of well-being. Exercise is renowned for boosting endorphin levels (runner's high), but pain and stress, as well as laughter and sex, promote their release as well.

Opioid drugs (legal and illegal) and alcohol produce pleasurable feelings by mimicking endorphins and attaching to opioid receptors. Naltrexone prevents this response by occupying and blocking access to these receptors, which makes it an effective treatment for substance dependence.

However, endorphins' effects are not limited to the brain. Produced throughout the body, they also play a key role in the immune system. LDN works by temporarily binding to opioid receptors and displacing naturally produced endorphins—"tricking" the body into producing more pain-relieving, mood-boosting, immune-enhancing endorphins.

Incredibly Versatile

What is most remarkable about LDN is its versatility. When taken by patients with autoimmune diseases, which are marked by an overactive immune system, it quiets things down and reduces inflammation.

Yet when immune function is low, as it is in those with cancer, infectious diseases, and generally poor health, LDN increases the production and activity of macrophages, natural killer cells, bone marrow stem cells, and other immune components. One type of endorphin actually inhibits the proliferation and growth of cancer cells.

Because of endorphins' positive effects on mood and pain, LDN is also a proven therapy for depression, post-traumatic stress disorder, and chronic pain. And since immune dysfunction and neurotransmitter imbalances have such far-reaching adverse effects, LDN is successfully used for a broad range of health challenges.

In addition to the conditions studied in the clinical trials listed on page 1, case reports have been published on LDN's positive outcomes in diabetic neuropathy, chronic constipation, bipolar disorder, autism spectrum disorder, and interstitial cystitis. Furthermore, many

patients report benefits for Lyme disease, allergies, restless leg syndrome, thyroid problems, and arthritis.

"My Doctor Won't Prescribe LDN"

An estimated 300,000 people worldwide are using LDN today. It's inexpensive, averaging \$30 to \$45 per month, safe, and well tolerated. The most common side effects are gastrointestinal upset and sleep issues such as vivid dreams and insomnia, which usually resolve after the first couple of weeks of use or with dosage modifications.

Yet I often hear from subscribers and patients that their doctors won't prescribe it because "it's only for addiction." That's nonsense. True, naltrexone (50 mg) is licensed for opiate and alcohol problems. However, physicians routinely prescribe medications for "off-label" uses they deem appropriate—with the blessing of the FDA. Unfortunately, LDN is not even on the radar of most physicians, and far too many doctors are unwilling to make the effort to learn about it, even at patients' requests.

The real problem is that naltrexone lost patent protection years ago. No pharmaceutical

company is going to pour money into researching or promoting an off-patent drug that costs as little as a dollar a day. Although you can buy full-strength naltrexone at any drugstore, LDN is available only through compounding pharmacies.

Even if a drug company decided to take it on, it would likely be much pricier. Big Pharma raked in billions of extra dollars in the past couple of years simply by jacking up prices of older medications. For example, tetracycline, a 50-year-old antibiotic that used to cost \$10 for 100 capsules, now costs over \$1,000 in US pharmacies!

Is LDN a Wonder Drug?

"Wonder drug" has been applied to more than a few medications over the years. Some, such as penicillin and aspirin, deserve the label; others, such as statins, not so much. It's a designation not to be taken lightly, but I believe that LDN may be a contender.

My Recommendations

- ▶ LDN is safe and well tolerated, but it should not be used in conjunction with opiate/narcotic drugs. The usual dose is 3–4.5 mg per day, taken at bedtime.
- ▶ LDN requires a prescription and is available only from compounding pharmacies, including Skip's Pharmacy (800-553-7429), Belmar Pharmacy (800-525-9473), and McGuff Compounding Pharmacy (877-444-1133).
- ▶ To review the research on LDN, read more patient stories, and access a list of physicians who prescribe it, visit ldnscience.org and ldnresearchtrust.org.
- ▶ To schedule an appointment with a Whitaker Wellness physician, call 800-488-1500.

Dear Dr. Whitaker

Q *Is there anything that can be done for cellulite that does not require surgery? — E.W., via Facebook*

A There is no shortage of treatments for cellulite, including freezing with cryolipolysis, zapping with lasers, and shocking into submission with extracorporeal shockwaves. Unfortunately, as a recent review of clinical trials reveals, pricey therapies like these provide mild-to-moderate improvements at best. Topical creams and supplements that promise to get rid of cellulite are even more questionable. Because these bothersome deposits of subcutaneous fat are usually caused by excess weight, losing body fat and gaining muscle can improve appearance. However, thin women may also have cellulite, likely because of slack connective tissue—or simply because it tends to run in families. Bottom line, there is no magic bullet. At the end of the day, remember that cellulite affects 90 percent of women, and sometimes you just can't fight genetics.

Q *Do you treat TMJ at your clinic? — Bill B., via email*

A Temporomandibular joint (TMJ) disorder, marked by pain and impaired movement of the jaw joint and related muscles, is not our specialty. However, we offer a treatment with proven clinical success: Electro-Equiscope, an advanced type of microcurrent that is a terrific therapy for all kinds of pain. In fact, it was shown in a clinical trial to reduce TMJ pain in 95 percent of study participants and also improve jaw movement and range of motion. Two other therapies at Whitaker Wellness,

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prolotherapy and platelet-rich plasma (PRP), also have demonstrated benefits for TMJ dysfunction.

Q *Can dehydration be the cause of blacking out? — Dee Sorenson, via email*

A It's possible. Dehydration can drive blood pressure too low, causing dizziness, confusion, and fainting, among other symptoms. Make sure you're drinking plenty of fluids, and if you're taking diuretics or have a medical condition that increases urination, be mindful of this as well. Most important, see your doctor. Blacking out is a serious symptom with many potential causes and should not be ignored.

Q *I have heard good things about D-ribose for increasing energy, but I'm concerned with the sugar content raising blood sugar. Please advise. — S.A., via phone call*

A D-ribose is a naturally occurring sugar required for the manufacture of ATP. Without enough ribose, your cells cannot produce sufficient amounts of ATP to keep up with energy demands. Although it seems counterintuitive, ribose actually has a slight and temporary blood sugar-lowering effect. In theory, it could drive blood sugar too low, although I have not seen that with my patients. Some athletes use ribose for exercise endurance, and early research suggests potential benefits for fibromyalgia and chronic fatigue. However, at Whitaker Wellness we recommend it primarily for cardiovascular conditions at a dose of 5 g mixed into water two to three times per day.

From My Blog

Mosquitoes, Ticks, and Other Summertime Pests

As a result of last winter's mild weather, insects are having a banner year. This means that Zika and West Nile viral infections, contracted primarily through mosquito bites, and Lyme and other tick-borne diseases are also likely to rise. According to the nonprofit Environmental Working Group (EWG), one of the most effective mosquito and tick repellents is a botanical. Lemon eucalyptus oil, 30 percent concentration, was shown in head-to-head tests to be about as effective as chemical repellents DEET and picaridin, the EWG's other top recommendations along with IR3535. This oil may contain allergens and hasn't been tested in kids younger than age three, but otherwise has a good safety profile. Additional protective measures include wearing long sleeves, pants, and close-toed shoes and socks, and doing "tick checks" after walking in wooded and grassy areas. To read more tips for avoiding summertime pests—as well as information on treatment of chronic Lyme disease—visit my website.

 [Get the rest of this story at drwhitaker.com](http://drwhitaker.com).



Works for Me...

▶ **Diabetes** *I am in my 30s with type 2 diabetes, and taking Metformin and Januvia. Three months ago I went to my doctor and was mortified to learn how much I had let my condition spiral out of control. I weighed 226 pounds, my A1C was 9.6, and my cholesterol was a whopping 1,300! My doctor recommended that I start taking insulin and wrote out prescriptions for six new drugs. I left in tears, but after my meltdown, I quit crying and got mad, very mad. I decided that I was not going to be a victim. I went online looking for answers and stumbled across your website. The more I read, the more I agreed with your ideologies about medicine and decided to give your method a try. I read through the list of supplements, chose the ones that I thought would help me the most, and began taking them (six pills total). I also began an exercise program, simply walking three miles a day, and cooking from the recipe book I bought. It has now been three months since I started this program and I have lost 26 pounds, my A1C is 7.6, and my cholesterol has dropped to 300! I was absolutely thrilled*

with my results—and to think I accomplished this in only three months! — L.G., West Virginia

What a powerful testament to the difference diet, exercise, and proper supplementation can make in treating diabetes. My hat's off to you.

▶ **Heartburn** *For instant heartburn relief, shake some cayenne pepper in a glass, add four to five inches of water, drink without stopping, and your problem is solved. — Sylvia G., via Facebook*

Though it sounds counterintuitive, cayenne pepper is a recognized remedy for gastrointestinal problems. If you can't stomach it—pun intended—try cayenne supplements instead.

▶ **Vision** *I got prescription glasses about four years ago. Afterward, I started taking the nutrients you recommend for vision health. A year later I went for a check-up and they said that the prescription they had given me was too strong. I just know it's the supplements that have helped so much. Since then, I've enjoyed constant vision improvement. — M.W., Canada*

🗨️ **Do you have a Health Tip to share? We'd love to hear it! Send it to worksforme@drwhitaker.com.**

f Healing Tip

Drink a big glass of room-temperature water first thing in the morning. We wake in a slightly dehydrated state, and this restores hydration, which is essential for optimal health. Thirst can also mimic hunger. Drinking water, tea, coffee, or another healthy beverage helps curb cravings and take the edge off hunger pangs.

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

Monthly Health Quiz

Test Your Nutrition Knowledge: True or False

- A) Coffee drinkers must drink extra water to avoid dehydration.
- B) Sea salt is more nutritious than regular salt.
- C) Agave and honey are healthier than sugar.
- D) Low-fat foods are best because they have fewer calories.



Answer:

All are false. Coffee counts toward your daily fluid intake. Both forms of salt have similar amounts of sodium by weight; trace minerals in sea salt are negligible. Sugar is sugar—plus agave is mostly fructose. Low-fat foods often contain sugar, salt, and artificial flavor enhancers.

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Notable Quote

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness.”

—Erma Bombeck, 1927–1996, writer and columnist

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

Solutions for Common Skin Problems

Skin, the largest organ in the human body, is our frontline defense against bacteria, dirt, sunlight, and other environmental onslaughts. It protects against cold and heat, helps regulate body temperature, and prevents excessive water loss. It synthesizes vitamin D and detects sensory information such as pressure, temperature, and pain.

It is also the organ we're most familiar with. After all, we're surrounded by about 21 square feet of skin, and when something unusual appears, it's hard to miss. Let's look at some of the most common skin problems and safe, natural therapies that are often overlooked.

Acne: Not Just for Kids

As many adults know, acne affects people of all ages. Diet changes can help, but the culprits aren't what you may think. The most problematic foods are starches, sugars, and other high-glycemic carbohydrates that promote insulin resistance. Elevated levels of insulin trigger hormonal changes that can lead to overproduction of oil in the skin, inflammation, and blemishes. A high intake of dairy products is also linked with acne.

On the supplement front, niacinamide (500 mg three times a day) and zinc (25–50 mg per day) top the list. Topical acne treatments that don't get much attention include niacinamide cream/gel and extra-virgin coconut, manuka, and tea tree oils.

Banish Excessive Bruising

Easy bruising could be a side effect of blood thinners or aspirin, a consequence of age-related thinning skin and blood vessel fragility, or simply a genetic predisposition. It could also suggest a vitamin K deficiency, which can be corrected by eating more dark green, leafy vegetables and taking vitamin K2 MK-7 supplements (100–200 mcg per day). If you are on Coumadin, do not take vitamin K without talking to your doctor.

Pycnogenol (50 mg twice a day) improves capillary strength and skin elasticity, and vitamin C (500 mg 2–3 times a day) is required for the formation of collagen, the building blocks of skin and blood vessels. To speed healing of existing bruises, try *Arnica montana*; a good product is Heel's arnica ointment T-Relief, formerly called Traumeel. Bromelain (250–500 mg between meals) is an enzyme from pineapple that also reduces bruising and swelling.

An End to Dry Skin

Moisturizers obviously improve dry skin. Everyone has his or her favorites, and mine is extra-virgin coconut oil. As for facial moisturizers, I recommend Aminocare. In addition to hydrating the skin, it contains amino acids and other therapeutic ingredients that help reverse damage and improve appearance.

Make sure you drink plenty of water and use a full-spectrum sunscreen to protect your skin from excessive sun exposure, which not only dries your skin but also accelerates skin aging. Essential fatty acids help hydrate the skin as well. You likely get plenty of omega-6s in your diet, but I recommend supplementing with omega-3s (1,000–2,000 mg EPA/DHA daily).

Fungus Among Us

Athlete's foot, jock itch, yeast infections, ringworm, and tinea versicolor are common fungal infections of the skin. Uncomfortable, unsightly, and stubborn, these conditions are usually treated with antifungal medications. However, a few alternatives are worth trying.

Selsun Blue dandruff shampoo, with the antifungal agent selenium sulfide, is surprisingly effective for skin infections. Apply a small amount to the area, leave on for 10–15 minutes before rinsing, and repeat every couple of days until it resolves. Topical applications of Milk of Magnesia, apple cider vinegar, coconut oil, tea tree oil, and diluted grapefruit seed extract also get good reviews. For prevention, cornstarch and medicated powders such as Gold Bond help keep problematic areas dry and discourage fungal growth.

Help for Psoriasis Sufferers

Psoriasis is one of the most distressing skin problems. To reduce inflammation associated with this autoimmune disease, eat more omega-3-rich fish and go easy on pro-inflammatory meat and fried/processed foods. Moisturizers are important, and emu oil, coconut oil, and Vaseline are among my patients' favorites.

Vitamin D deficiencies are associated with psoriasis, which is why I recommend spending some time in the sun and taking vitamin D3 (2,000–5,000 IU per day). Prescription creams containing vitamin D (Dovonex) are also available. To quell inflammation, fish oil (1,000–2,000 mg EPA/DHA) and curcumin (500 mg twice a day) may be helpful. Some people also report improvements with LDN (see page 1).

Rashy, Itchy Eczema

There are several types of eczema, but the most common is atopic dermatitis, a chronic inflammatory condition that tends to run in families. Because it is often associated with allergies, try to identify food and environmental allergens that trigger symptoms. Gut bacteria also play a role, and studies suggest that probiotics are useful for prevention and treatment. I also recommend daily doses of essential fatty acids: fish oil (1,000–2,000 mg EPA/DHA) and borage or evening primrose oil (1,000 mg).

To soothe red, itchy, scaly, and sometimes cracking and blistering skin, try emu oil, extra-virgin coconut oil, and the homeopathic ointment Florasone.

Non-Malignant Skin Cancers

Skin cancers range from life-threatening melanoma to slow-growing basal and squamous cell carcinoma to precancerous actinic or solar keratosis. New growths and changes in moles and lesions should definitely be evaluated by a doctor, but the latter three types may respond to alternative treatments.

One is a botanical cream called Curaderm BEC5. Available at curaderm.net, it gets generally good reviews and is backed by a handful of published studies. The other is a home remedy I've successfully used myself on two basal cell carcinomas. Make a paste of equal parts of DMSO gel or cream and powdered vitamin C, apply a small amount to the lesion, cover with a Band-Aid, and reapply three

times a day. If it doesn't disappear in a month, see your doctor.

Worrisome Warts

Home remedies for warts include everything from apple cider vinegar and Listerine to banana peels and potatoes. I can't endorse all of them, but one alternative therapy, duct tape, actually outperformed cryotherapy (freezing) in a clinical trial.

Completely cover the wart with a small piece of duct tape and leave it on for six days. (If it comes off, replace it immediately.) Then remove the tape, soak the wart in warm water, and file it down with an emery board. Cover with a new piece of tape and repeat for two months, or until the wart is gone.

Should You Be Concerned?

What about other skin abnormalities? Some, such as age or liver spots, skin tags, spider veins, and lipomas, are primarily cosmetic and nothing to worry about. Others, however, could be signs of underlying problems. For example, yellow or orange bumps (xanthomas) are fatty deposits that are indicative of metabolic syndrome and related problems. A yellow tinge to the skin could signal liver disease—or it could simply be caused by eating lots of carrots, sweet potatoes, and other beta-carotene-rich foods.

When in doubt—and this goes for all skin conditions—have it checked out. If you'd like to share your home remedies for any skin problems, send them to me at worksforme@drwhitaker.com.

Whitaker Wellness Success Story

From Fatigued to Fantastic

"I was referred to Whitaker Wellness by my father, who had a great experience as a patient. For about five years, I had been struggling with many things, but mostly exhaustion. I thought I was getting eight hours of sleep each night, but I was exhausted 24/7. It left me very emotional, stressed out, and unable to deal with anything that came my way. I would wake up in the morning already tired, and I was in a constant fog. It was a huge effort just to sit on the floor and play with my son, let alone walk to the park and back. I just felt out of control.

"When I first saw my doctor at Whitaker Wellness, I described my complete exhaustion despite getting enough sleep. He mentioned that even though I was sleeping, it wasn't known what kind of sleep I was getting. This had never even occurred to me. He ordered a sleep study, which I was able to do through the clinic, and it turns out I had terrible sleep apnea. I am now using a sleep apnea breathing machine at night, and it has been life changing for me.

"After five years of seeking advice from other doctors, who only prescribed sleep aids for nighttime and antidepressants for the daytime, I am finally receiving what I need. It could have gone on for years if I hadn't found the help and answers that I so desperately needed. It has completely changed my life and our daily routines. I can now walk to the park—twice a day if I want to.

"I feel like I missed out on years of my son's childhood, which is emotional for me. What matters is that I am now able to be present for my family. Five months ago I was lost. Now I feel like I have my life back. It's fantastic!" — *C.E., California*

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

Innovations in Wellness Medicine

Vitamin K for Heart Disease, Cancer, and Longevity

Vitamin K, the long-neglected member of the family of fat-soluble vitamins, is finally coming into its own as research underscores this vitamin's roles other than blood clotting and bone health. Higher vitamin K status is linked with a lower risk of several types of cancer, and because it escorts calcium out of the soft tissues, it reduces vascular calcification (hardening of the arteries), a major risk factor for cardiovascular disease. It even appears to increase longevity. A European study involving more than 7,000 men and women concluded, "An increase in dietary intake of vitamin K is associated with a reduced risk of cardiovascular, cancer, or all-cause mortality..."

There are two forms of this vitamin: K1, which is abundant in dark leafy greens, and K2, found in fermented foods such as cheese and natto (fermented soybeans). Although the above study focused on dietary sources, I also recommend vitamin K supplements, particularly the MK-7 form of vitamin K2, 100–200 mcg daily. Note: People taking Coumadin should consult their doctor before taking vitamin K.

Therapeutic Massage for Low Back Pain

Most people view massage as an indulgent luxury. However, we've been using it at the clinic as a medical therapy for decades. Massage has documented benefits for several conditions, including anxiety, headaches, stress-related insomnia, fibromyalgia, muscle sprains, myofascial and musculoskeletal pain, and soft tissue injuries. A recent study found that massage therapy is particularly helpful for one of our leading pain syndromes: low back pain.

Study volunteers with chronic low back pain were given a series of 10 massages by a licensed massage therapist, and their pain levels were compared at baseline and at 12- and 24-week follow-ups. After 12 weeks, meaningful reductions in pain were reported by roughly half of the group, and of that group, 75 percent retained benefits after 24 weeks. This is big news. Worldwide, low back pain is the number one cause of disability. Just imagine the suffering—and the medication and surgery costs—that might be saved by this noninvasive, hands-on approach. The only downside is that massage is typically an out-of-pocket expense. Hopefully that will change in the future as awareness of massage's therapeutic benefits increases.

Did You Know?

- Women age 75+ who take statins are 33 percent more likely to be diagnosed with diabetes.
- A single Viagra tablet costs about \$50 in the US.
- Americans now buy more bottled water than soft drinks.
- Ashwagandha, 300 mg twice a day, improved memory in a study of people with mild cognitive impairment.
- Ten percent of all plant species in the world are orchids.
- Risk of falls/hip fractures doubles in the first two weeks after starting on sleeping pills.
- A quarter of 25- to 29-year-olds in the US live with their parents.
- Physical activity is linked with a larger hippocampus, the area of the brain that controls short-term memory.
- Nonalcoholic fatty liver disease affects more than 1 in 10 US children.
- More premature deaths are caused by obesity than by tobacco, hypertension, and other modifiable risk factors.
- Vitamin B12 deficiencies are common in residents of long-term care facilities.

Health & Healing Resources

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