



Triumph Over Heart Failure

Denise Darvall was crossing a street in Cape Town, South Africa, when she was hit by a car, rushed to a hospital in critical condition, and declared brain dead. In the same hospital, Louis Washkansky, a 53-year-old grocer, was dying of end-stage heart failure. Arrangements were quickly made, and the next day, Dr. Christiaan Barnard performed the first human heart transplant.

Heart transplantation has come a long way since that first surgery 50 years ago, but it's still a risky and desperate last-ditch treatment. However, heart failure needn't progress to such dire stages when it can be slowed, reversed—or prevented altogether.

Problems With the Pump

Picture your heart and blood vessels as a plumbing system transporting blood throughout your body. While coronary artery disease is caused by blockages in the pipes, heart failure is a malfunction of the pump. The heart is either too stiff to relax and fill with blood or too weak to squeeze blood out with adequate force. Therefore, the amount of blood pumped out with each beat (the ejection fraction, as measured by echocardiogram) decreases.

To compensate, the heart beats faster and with more force, which causes it to enlarge and thicken. Over time, the heart can't pump enough nutrient- and oxygen-rich blood to meet the body's demands, resulting in symptoms such as fatigue, shortness of breath, swelling/fluid retention in the lower extremities or abdomen, and a dry, hacking cough.

Heart failure can be prevented and early-stage disease arrested by treating underlying causes, which

include hypertension, coronary artery and heart valve disease, and cardiomyopathy (damage to the heart muscle due to viral infection, toxins, etc.). Sleep apnea, diabetes, obesity, and inactivity are also associated with heart failure.

Another culprit is statin drugs, which in addition to lowering cholesterol also block production of coenzyme Q10 (CoQ10). CoQ10 plays a key role in generating ATP (cellular energy) and protecting the mitochondria against free radical damage. Muscle pain and weakness are notorious side effects of statins, and the heart is not exempt from energy depletion and damage. Several studies implicate long-term statin use in heart failure, but the medical establishment is so bullish on these drugs that this research is ignored.

Overlooked Treatment Options

Cardiologists prescribe an arsenal of drugs for heart failure. They also recommend a low-sodium diet and fluid and alcohol restriction—but pay scant attention to other nutritional factors, despite the obvious increased energy demands of an overworked heart and the nutrient losses caused by commonly used drugs.

A nutrient-dense, potassium-rich diet with adequate protein is essential, along with supplemental antioxidants, B vitamins (especially B1/thiamine), vitamin D, and omega-3s. Patients with heart failure are prone to magnesium deficiencies, and at the clinic we routinely administer magnesium by injection or IV to restore levels and control arrhythmias that often accompany heart failure. Iron deficiency is also common and should be tested and treated by a physician.

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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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Dear Reader,

Do you want to be happier, less anxious and depressed, and more satisfied with your life? Then cultivate gratitude.

Gratitude isn't just the positive feeling we experience after receiving a gift, kindness, or help from others. It is also awareness of the good things in our lives, past and present, and appreciation of life's small pleasures. Derived from *gratia*, the Latin root of grace, graciousness, and gratefulness, gratitude is a tenet of all the world's great religions.

It is also an area of scientific study. Researchers have linked gratitude with improvements in mood, stress levels, personal relationships, resiliency, coping skills, and life purpose and satisfaction. In fact, some studies suggest that trait gratitude (a general tendency to be grateful) is the single most important determinant of emotional well-being. Gratitude is associated with physical health as well, including better sleep, immune function, blood pressure, and markers of inflammation.

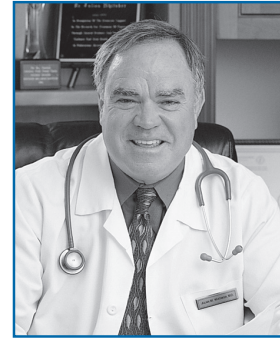
An attitude of gratitude seems to come naturally to some people, but it's something everyone can develop with a little practice. Make a conscious effort to focus on what you have rather than what you don't. Acknowledge the small blessings we usually take for granted: a roof over your head, a nice meal (and the hands that prepared it), a good night's sleep, a beautiful sunset, pleasant interactions with others, and, even if your health isn't perfect, the glorious gift of life.

Sincerely thank people when they do something for you. Pray or meditate on what you're grateful for. Keep a gratitude journal, noting the words and actions, both large and small, by others that have benefited you in some way. Writing helps organize your thoughts, and a regular schedule keeps gratitude in the forefront of your mind.

A powerful gratitude exercise is to write a thank-you letter to someone who has made a difference in your life and send it. Better yet, deliver it in person. You'll see firsthand the domino effect of practicing gratitude. In addition to strengthening relationships, it inspires thankfulness and acts of kindness in others. (Heartfelt thank-you notes from subscribers Carola and Wolfgang Schmitt and Sherri Pecora inspired me to write this—and to reflect on how grateful I am for *Health & Healing* readers.)

Granted, there's a lot of negativity floating around, and personal circumstances can make life seem pretty bleak at times. However, practicing gratitude may be just what you need to lighten up your life.

With sincere gratitude and best wishes for a happy Thanksgiving,



Julian Whitaker, MD
 America's Wellness Doctor

Founder of the Whitaker Wellness Institute, Newport Beach, California

Heart Failure (continued from page 1)

CoQ10, as noted above, and L-carnitine are required for energy production, and declining levels in the cardiac muscle are linked with increasing severity of heart failure. Studies on each of these supplements demonstrate improvements in symptoms and lower risk of death. Both are beneficial, but my clinical experience suggests that high-dose CoQ10 may be the single most effective supplement for heart failure.

For more serious disease, I recommend enhanced external counterpulsation (EECP). Developed 60 years ago to support failing hearts, this noninvasive therapy rhythmically squeezes blood up from the lower extremities in sync with the heartbeat. Also a proven treatment for angina, EECP reduces the heart's workload, enhances arterial health, and provides enduring improvements in heart function, exercise capacity, and quality of life.

Back From the Brink

This approach has helped hundreds of Whitaker Wellness patients suffering with heart failure. Ann, who first came to the clinic in 2014, arrived in a wheelchair, overloaded with fluids and struggling to breathe. Despite multiple hospitalizations and

maximum dosages of 15 medications, her ejection fraction was dangerously low at 20 percent, and her doctors back home gave her a year or two to live.

After completing 35 EECP treatments, along with supplemental oxygen and an intensive nutritional regimen, her energy rebounded, she no longer needed a wheelchair, and her ejection fraction increased to a near-normal 48 percent. Ann returned to the clinic last year, and her heart was doing just fine. She had discontinued most of her meds, made drastic diet and lifestyle changes, was 90 pounds lighter—and was convinced these therapies saved her life.

She's probably right. One in five Americans will develop heart failure in their lifetime, and half will die within five years of diagnosis. Everyone

needs to be aware of this increasingly common condition, address risk factors, and pay attention to early warning signs. Decide once and for all to take control of your health and live life to its fullest.

My Recommendations

- ▶ Suggested supplements, taken daily in divided doses, include coenzyme Q10 300–400 mg (100 mg for prevention), magnesium 500–1,000 mg, fish oil EPA/DHA 1–2 g, thiamine 50–100 mg, vitamin D3 2,000–5,000 IU, L-carnitine 2–3 g, and a high-potency daily multivitamin. Iron should be tested and prescribed by a doctor.
- ▶ Visit vasomedical.com to locate an EECP provider. To learn more about treatment at Whitaker Wellness, call 800-488-1500.

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Dear Dr. Whitaker

Q *Lately I have been waking up in the middle of the night drenched with sweat. Sometimes I'll wake up more than once feeling really clammy and sticky. It's been going on for a while and is messing with my sleep. Should I be concerned? — Allen B., Yucaipa, CA*

A Probably not, but if lowering the thermostat and adjusting your blankets doesn't help, it's a good idea to get to the bottom of it. Low testosterone in men (like estrogen in women) and sleep apnea are common, overlooked, and easily treated causes of night sweats. Other potential triggers include anxiety, high nighttime cortisol levels, overactive thyroid, hypoglycemia, and infections, as well as antidepressants, painkillers, and diabetes drugs.

Q *Are you familiar with whole body cryotherapy and do you recommend it? — Ben B., Austin, TX*

A Cryotherapy (cryo comes from the Greek word for icy cold) is a trendy and intriguing therapy that involves very short exposure to extremely low temperatures (below 200 degrees F). Proponents claim it eases muscle soreness and speeds recovery from exercise and injuries. Some go as far as to say it improves performance, rejuvenates skin, and helps with weight loss. I'm not certain the hype is warranted. It may help with athletic recovery (although the evidence is scanty), but the latter claims just don't hold up. Try it if you'd like, but I'm waiting for solid research to confirm its safety and real health benefits before recommending whole-body cryotherapy to everyone.

 [Read more Q&As at drwhitaker.com](http://drwhitaker.com), and send your own questions to drwhitakerquestions@drwhitaker.com.

Q *I have a high calcium score in the 500s. I take 5,000 IU of vitamin D daily. I'm now reading that vitamin D removes calcium from the blood and deposits it into arteries. Is this true and should I discontinue it? — Linda J., via email*

A Vitamin D does regulate calcium absorption, and exceptionally high intake (50,000 IU/day for several months) can cause excessive calcium buildup in the blood (hypercalcemia). But I can find no plausible evidence that vitamin D causes arterial calcification. In fact, research consistently links low vitamin D levels with increased risk of arterial calcification and cardiovascular disease. If you're really concerned, have your blood level tested (the optimal range is 40–60 ng/mL) and add 150–200 mcg of vitamin K2, which ushers calcium away from soft tissues and into the bones, to your supplement program.

Q *I get headaches when I drink wine. Any ways to avoid this? — Jeannie S., Lincoln, NE*

A Assuming a hangover or dehydration isn't a factor, it may be the type of wine. Many people react to the tannins, tyramine, and histamines in red wine and to the sugars in dessert and sweet wines. (Contrary to popular belief, sulfites are not a culprit.) You may want to stick with dry whites such as sauvignon blanc and lighter, lower-tannin reds like pinot noir and Beaujolais. Drink just one glass along with lots of water and perhaps a cup of coffee beforehand, as caffeine may counter wine's vasodilating effects linked to headaches. Or just skip wine altogether.

From My Blog

The Lowdown on Healthy Sweeteners

Even though America's sugar intake is on a downswing, we're still averaging a whopping 77 pounds of added sugars per year. That's a little over 90 grams (3/4 cup) a day—almost double the latest guidelines' maximum daily intake. Aspartame and other artificial sweeteners aren't the answer. A recent study links them with increased risk of weight gain, hypertension, and metabolic syndrome. So, how do we sweeten our food without expanding our waistlines and contributing to diabetes, heart disease, and other health problems? For years, I've touted no-cal and low-cal natural sweeteners such as stevia and xylitol, and newer additions like monk fruit and yacon syrup are showing promise. However, even these should be used in moderation, as the mere taste of any sweetener activates pleasure centers in the brain that urge us to eat more. Visit my website for more on sweeteners.

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



Works for Me...

► **Focus and Concentration** *Hours upon hours upon hours of ardent studying—that's the only way I can think to accurately describe the habits of my son. He was and is a tireless worker who keeps a remarkable focus, which I attribute greatly to a supplement called Focal Point. My son took Focal Point consistently throughout high school and was always quick to remind me to pick up more when his supply ran out. This product paired with his admirable work ethic helped him to achieve his ultimate goal. I am proud to say he started at his dream school, UCLA, this fall! — Silvia C., via email*

Congratulations—you have every right to be proud! This supplement contains brain-boosting B-complex vitamins plus two well-studied herbs, bacopa and American ginseng, that have proven benefits for focus and memory. The clinical studies on these ingredients are impressive, and as your son's experience illustrates, this combo really works.

► **Water** *I never seemed to get around to drinking enough water. Then my daughter-in-law told me about*

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

Stur. It is sweetened with stevia, and all the flavors I've tried are fantastic. — Lou B., Newport Beach, CA

When “water enhancers” first came on the market, I was skeptical. Most were filled with chemical sweeteners and artificial flavors. However, Stur and other brands have stepped it up with natural sugar-free sweeteners, fruit extracts, and added vitamins. If this helps you drink more water, go for it. You can also flavor your water naturally with orange, lemon, lime, berries, grapefruit, cucumber, ginger, mint, and other fresh herbs.

► **Exercise** *I want to tell you how I finally found an exercise program I can stick with. After wasting lots of money on gym and yoga studio memberships I never used, I started exercising to videos. I use P90X DVDs, which include 12 intense 90-minute workouts. I also subscribe to myyogaworks.com for a small fee. But there are plenty of free online classes of all kinds. — H.B., Springfield, VA*

Great suggestion. Two free websites that get good reviews are fitnessblender.com and sweatybetty.com. Both offer several different types of exercises for all activity levels.

Health Hack: The Skinny on Thanksgiving Pie

Just one slice of pecan pie contains 456 calories, 21 grams of fat, 65 grams of carbohydrates, and 32 grams of sugar—the last thing you need after a Thanksgiving feast. Pumpkin pie is a healthier option, especially if you don't eat the crust. For that great, familiar taste with far fewer calories, try our low-sugar, crust-less pumpkin pie recipe at drwhitaker.com.

Monthly Health Quiz

All About Antibiotics: True or False?

- A) Antibiotics are effective for treating upper respiratory infections.
- B) Of the 154 million antibiotic prescriptions written annually, 20 percent are unnecessary.
- C) IV antibiotics do not harm beneficial gut bacteria.
- D) Antibiotics must be taken by everyone with mitral valve prolapse prior to dental procedures.

Answer:

All are false. Most upper respiratory infections are viral. At least 30 percent of antibiotics are unwarranted. Even antibiotics administered via IV don't discriminate between harmful and beneficial bacteria so the entire microbiota is affected. And D is an outdated protocol no longer generally required.



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Notable Quote

“Penicillin has been called the ‘wonder drug’ because any time the doctor wonders what you have, that’s what you get.”

— Anonymous

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

Optimizing Adrenal Function

John F. Kennedy was the picture of robust health when he was elected president at age 43. Handsome, virile, and athletic, he was often photographed with his glamorous wife and young children, sailing or playing touch football.

It was all a carefully crafted façade. Medical records released decades after his assassination reveal that President Kennedy suffered from multiple medical conditions and was taking as many as 12 medications. His most serious condition was Addison's disease, a potentially fatal disorder caused by critically low levels of adrenal hormones.

Addison's disease is blessedly rare. Milder imbalances in adrenal hormones, however, are not uncommon. Yet most physicians fail to consider adrenal dysfunction as a factor in fatigue, insomnia, mood and weight problems, and other symptoms.

Stress Activates Adrenals

The adrenals are thumb-sized glands that sit atop the kidneys. They produce dozens of hormones including adrenaline (epinephrine) and cortisol, which play key roles in the body's stress response, an involuntary process that allows us to rapidly react to environmental threats.

At any hint of danger, the hypothalamus in the brain signals the adrenals to release a surge of adrenaline to ready the body for "fight or flight." Next, the HPA axis (hypothalamus, pituitary and adrenal glands) is activated, triggering the release of cortisol to keep the body hyper-alert and ready to rumble. Glucose is mobilized to provide extra energy, and blood pressure and heart rate increase. Areas of the brain associated with motivation and fear are revved up, and immune, digestive, and other functions that aren't immediately essential are suppressed. Once the alarm stage passes, cortisol levels return to baseline.

The stress response is a survival mechanism that keeps us out of harm's way, but problems occur when we're chronically stressed. Whether it's

traffic, pressure at work, family issues, scary news, or emotions such as anger and fear, the stress response kicks in. And when one stressor follows another, stress hormones remain elevated.

The Cortisol Connection

Frequent adrenaline spikes increase risk of hypertension and heart disease, but elevated cortisol has more widespread effects. It causes nervousness, anxiety, and sleep problems, raises blood pressure, and slows healing. It increases appetite, especially for fast-burning carbs, and facilitates storage of abdominal fat. It even affects cognition—chronically high cortisol actually shrinks areas of the brain.

When stress is prolonged or extreme and demands on the adrenals are just too much, cortisol levels may fall too low. Symptoms of adrenal fatigue, as this is sometimes called, include extreme fatigue, lethargy, compromised immune function, low blood pressure, hypoglycemia, weight loss, and poor tolerance to physical and mental stress and exertion. Post-traumatic stress disorder (PTSD) is often associated with very low cortisol levels. Dependency on steroid medications (prednisone, asthma meds) also suppresses natural adrenal hormone production.

We see a surprisingly large number of patients at Whitaker Wellness who complain of fatigue, lethargy, salt or sweet cravings, weight gain, mild depression or anxiety, insomnia, and low energy in the early morning and late afternoon. Granted, these are common symptoms that could be due to low thyroid or other conditions. But when they also report being "stressed out," adrenal function should be considered.

Mild to moderate adrenal dysfunction is difficult to diagnose with conventional blood tests. Saliva cortisol levels, taken several times during the day, give a better picture, as they reveal disturbances in the natural rhythms of cortisol release. (Levels are normally higher in the morning as you wake up and lower at night to facilitate sleep.)

My Recommendations

- ▶ Suggested starting dosages of DHEA are 10–25 mg for women and 25–50 mg for men. Test your DHEA-S blood level after three months and make adjustments to stay in the young-adult range, regardless of your age.
- ▶ Take adaptogens as directed. At the clinic we use Cortisol Manager, which contains ashwagandha, L-theanine, magnolia, and phosphatidylserine, taken at bedtime for general adrenal support. To order, call 800-810-6655.
- ▶ To schedule an appointment at Whitaker Wellness for adrenal testing and treatment, call 800-488-1500.

Support Your Adrenals

Drugs such as prednisone and hydrocortisone to boost cortisol levels are the primary treatment for severe adrenal insufficiency (Addison's disease). Some physicians treat milder forms with small doses of hydrocortisone, and others use adrenal extracts from the glands of animals or licorice (*Glycyrrhiza glabra*), which decreases cortisone breakdown in the liver. These therapies are not for everyone and are best used under a doctor's supervision.

Most patients with stress-related adrenal challenges do well with lifestyle changes and targeted supplements. Do your best to minimize the stressors in your life. You can't walk away from your job or your family, but you can tune out worrisome news, social media, and the like. Go to bed at a reasonable hour. Take control of your time and commitments and find opportunities to relax and laugh. Exercise but don't overdo it. Try yoga, tai chi, meditation, prayer, massage, and acupuncture, which are great stress busters.

Eat a healthy, low-glycemic diet with plenty of protein, vegetables, and healthy fats, and drink caffeine and alcohol only in moderation. Take a good multi with robust levels of magnesium and vitamins B5, B6, C, and D, and consider adding DHEA, another hormone produced by the adrenals that counters some

of the negative effects of cortisol. When cortisol is elevated, DHEA is often suppressed, and supplemental DHEA helps restore balance. DHEA has multiple benefits and levels decline with age, so I recommend it for many of my patients, whether they're stressed or not.

Adaptogens are plant extracts that increase resistance to the adverse effects of stress, in part by targeting adrenal hormones. Because of their balancing effects, they are helpful for both overactive and underactive adrenals. Popular adaptogens include *Panax ginseng*, *Eleutherococcus senticosus*, *Rhodiola rosea*, and *Cordyceps sinensis*, which improve focus, energy, and endurance; and ashwagandha (*Withania somnifera*), L-theanine (from green tea), and magnolia bark (*Magnolia officinalis*), known for their calming effects on anxiety, tension, and insomnia.

Philosopher William James once said, "The best weapon against stress is our ability to choose one thought over another." If mind over matter isn't working for you, give your adrenals a little TLC.

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Whitaker Wellness Success Story Diabetes *Can Be Reversed*

November is National Diabetes Month, and I want to tell you about Joe, a chiropractor from New York who is one of nearly 10 percent of Americans who has been diagnosed with diabetes. Joe, however, stands out because he did something most people don't do—he reversed his diabetes.

"I was diagnosed with diabetes in 2009 at age 47. I went for a checkup because I was feeling sluggish and fatigued. I had also gained over 50 pounds and was obese. The doctor reviewed my labs: glucose over 300, A1C 12.6, and high cholesterol, triglycerides, and inflammatory markers. He didn't even look up from his desk, just started writing prescriptions. I told him, 'Why don't I deal with the weight and see what happens from there.' He said something along the lines of 'Everyone says that but nobody does it,' and pushed a pile of scripts my way.

"Nevertheless, I was committed to trying it. Then I remembered Dr. Whitaker. When I was in chiropractic school in California, I went to a health expo where he was speaking, and his way of looking at health was similar to mine. I purchased his book *Reversing Diabetes* and started implementing his diet, exercise, and supplement recommendations right away.

"Over the next few months, I lost most of the extra weight, and my glucose levels normalized. Later that year I attended the Back to Health Program at Whitaker Wellness to make sure I was dotting all my I's and crossing my T's. Dr. Chang—the best doctor of her kind that I've ever seen—refined my program and suggested a few therapies.

"Eight years later, my fasting blood sugar is in the low 90s, my A1C is 4.9—and I have never been on any diabetes medications. I am within five pounds of my ideal weight with 19 percent body fat. I exercise every day and did a 100-mile bike ride a few days ago. All the information I used to reverse my diabetes came from Dr. Whitaker in one way or another. His book, the week at Whitaker Wellness, and Dr. Chang are all contributing factors that have stuck with me." — Joe P., Carmel, NY



Whitaker Wellness patient
Joe reversed his diabetes.

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

Innovations in Wellness Medicine

Probiotics for Dandruff

Every time you wash your hair, roughly 487,000 dead skin cells per square centimeter slough off. If you have dandruff, however, your scalp sheds nearly double that number. Over-the-counter anti-dandruff shampoos like Selsun Blue that contain selenium sulfide work pretty well to control bothersome flaking, itching, inflammation, and scalp tenderness. And topical tea tree oil, apple cider vinegar, diluted honey, and coconut oil are all touted to be effective natural remedies. But did you know you can also fight dandruff from the inside out?

Dandruff is caused in part by an imbalance in the bacterial and fungal populations that naturally live on the scalp. Postulating that probiotics could control dandruff by normalizing these colonies and improving skin health and immunity, researchers gave volunteers with moderate to severe dandruff daily probiotics (*Lactobacillus paracasei*) or a placebo for eight weeks. Self-assessments and scalp microbiota tests every two weeks revealed that the probiotic significantly improved dandruff symptoms and microbial balance, without side effects. Although this study focused on one probiotic strain, other strains may also help.

Honey for Wounds, Coughs, and More

Honey is truly one of Mother Nature's most incredible healers. Inexpensive, readily available, and extremely versatile, honey has broad antimicrobial properties that help battle infections and prevent/eradicate biofilms (groups of microorganisms that stick together and are harder to treat). Honey also contains probiotics, prebiotics, zinc, and a host of antioxidants that boost immune function, gastrointestinal health, and more.

At Whitaker Wellness, we use honey or sugar dressings to heal serious wounds, diabetic ulcers, and burns, and patients and subscribers have shared other benefits, ranging from treating insect bites, acne, and other skin conditions to coughs and sore throats. Studies show that 1/2 to 2 teaspoons at bedtime work better than cough meds. And a review published earlier this year of all the recent research on honey noted even more clinical applications—including internal use as a potential treatment for diarrhea and other intestinal and respiratory conditions. Most of the research has focused on manuka honey, produced by New Zealand and Australian bees. But most any pure, unadulterated honey has health benefits.

Health & Healing Resources

- **Renew Your Subscription** 800-539-8219 (M–F 9 AM–5 PM EST)
- **Buy Supplements** 800-722-8008 or drwhitaker.com
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Coming in Future Issues

- Rapid Resting Heart Rate: Should You Be Concerned?
- Remarkable Recovery From Rheumatoid Arthritis
- Tips for Preventing Holiday Weight Gain

Did You Know?

- Average sperm count in North America, Europe, New Zealand, and Australia is half of what it was 40 years ago.
- Risky alcohol use (4 to 5 drinks a day) is increasing among women, seniors, and African Americans.
- Children of mothers who took antidepressants during pregnancy are at slightly higher risk of autism.
- A new leukemia drug is expected to cost as much as \$649,000 for one treatment.
- A handful of almonds a day increases levels of protective HDL cholesterol.
- Blowing out birthday candles increases bacteria counts on cake by 1,400 percent.
- Oral peanut immunotherapy plus probiotics dramatically reduces allergic reactions and allows sensitive children to eat peanuts.
- A meta-analysis involving 15 million men confirms that vasectomy is unlikely to cause prostate cancer.
- High intake of diet soda is linked with increased risk of serious kidney disease.
- Cracking, grating, or popping sounds in the knees is indicative of worsening osteoarthritis, even when pain is not present.

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