



Ketogenic Diet: Hype or the Real Deal?

LeBron James and Tim Tebow, Halle Berry and Gwyneth Paltrow, Kim and Kourtney Kardashian, Mick Jagger, and Tim McGraw: All these celebrities are fans of the ketogenic diet.

Kim Kardashian says she lost 75 pounds of “baby weight” in a few months on the diet. Athletes cite better body composition and performance. Halle Berry, who has diabetes, uses it for blood sugar control. Gwyneth Paltrow’s website refers to its effects on brain fog and focus. And 74-year-old, rail-thin Mick Jagger may be hoping for the diet’s purported anti-aging effects.

All these claims are valid. The ketogenic diet has a broad range of benefits—it’s also a promising treatment for cancer, seizures, Alzheimer’s disease, and more. However, there’s confusion as to exactly what it is.



The Goal Is Ketosis

The goal of the ketogenic diet is to shift the body away from using glucose, the preferred energy source, and into ketosis, or fat-burning mode. This is accomplished by drastically increasing fat and reducing carbohydrate and protein intake. In the absence of dietary carbs, glucose and glycogen (stored carbohydrates) are depleted, so the body reverts to its backup energy source: fat, which is broken down in the liver into ketone bodies and used as fuel.

The ketogenic diet is very effective for weight loss. When you’re in ketosis, the fat on your belly and hips is slowly siphoned off, converted to ketones, and burned

for energy. Ketosis also curbs appetite, which makes weight loss easier. And as long as you’re getting adequate protein and doing strength exercises, the weight you lose will be fat, rather than lean muscle mass.

It’s a terrific therapy for diabetes as well. In fact, before the discovery of insulin in 1920, a very-low-carbohydrate diet was the only treatment for type 1 diabetes. The ketogenic diet was also the primary treatment for epilepsy at that time. Although interest waned as anti-seizure drugs came on the market, it has made a comeback for epilepsy that doesn’t respond to drugs.

There is also increasing interest in this diet for two of our most pressing and disturbing health challenges: cancer and Alzheimer’s disease.

Starve Cancer...

Nearly a century ago, Otto Warburg, a German physician and Nobel Laureate, discovered that unlike healthy cells, which create energy in the mitochondria in the presence of oxygen, cancer cells have markedly altered metabolism. They produce energy in a fermentation process without oxygen, utilizing extraordinary amounts of glucose. He theorized that cancer is a metabolic disease and could be treated by depriving cancer cells of their energy source.

Today, cancer’s abnormal metabolism and huge appetite for glucose are widely recognized. The concept of targeting cancer by reducing its fuel source is also gaining ground—and the primary

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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,

February 14th is a big day for retailers. Last year, Americans spent \$18.2 billion on loved ones—and that includes pets. Twenty percent of us buy gifts for our pets on Valentine's Day.

Our love affair with animals goes way back. DNA evidence traces all dogs, from Pomeranians to Great Danes, to canines that split off from wolves some 40,000 years ago. Over time, dogs became quite different from wolves in appearance and temperament—and indispensable to humans for their tracking and hunting abilities and as an emergency food source. Domesticated cats evolved from wildcats much later, but these rodent killers were also held in high esteem. Cats were actually considered to be sacred in ancient Egypt.

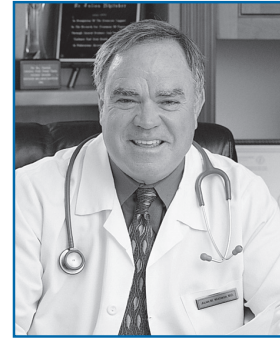
Today, 68 percent of US households have pets, including 94 million cats, 90 million dogs, and untold millions of birds, fish, reptiles, and small mammals. They no longer have to earn their keep—in fact, we spend over \$69 billion per year on our pets. But we get a lot in return, including better health.

In a 2017 study, Swedish researchers examined the medical records of 3.4 million people and found that owning a dog was associated with a reduced risk of cardiovascular disease and death from all causes. Benefits were particularly striking for individuals living alone. They had a 33 percent lower risk of death than single people without dogs.

One obvious reason is that dogs force us to be more physically active. Come rain or shine (or snow), we have to take them for walks or at least get them outside to do their business. Pets of all kinds require care, feeding, cleaning, and attention, which fosters a sense of purpose. Buying food and supplies, visiting the vet, etc., also increases social interaction. Spending time with pets eases stress, and animals are used therapeutically to improve anxiety, depression, chronic pain, post-stroke function, dementia-associated agitation, and autism. In addition, research suggests that close proximity to animals boosts immune function and reduces risk of asthma and allergies by exposing us to a greater diversity of bacteria, which positively affects the gut microbiome.

Most important, our pets provide companionship, security, emotional support, and unconditional love. If you don't have a pet, consider getting one, especially if you live alone. It may be just what the doctor ordered!

To your health,

Julian Whitaker, MD
 America's Wellness Doctor

Founder of the Whitaker Wellness Institute, Newport Beach, California

means of accomplishing this is a ketogenic diet. By dramatically lowering glucose and increasing ketones, which malignant cells cannot effectively use for energy, it literally starves tumors.

I am not suggesting the ketogenic diet cures cancer. However, studies demonstrate great potential as an adjunct therapy for slowing progression, increasing the efficacy of radiation and chemotherapy and, when used in conjunction with hyperbaric oxygen, reducing tumor growth and metastasis.

...Feed the Brain

Ketogenic diets also hold promise for Alzheimer's disease. Most of the current research targets amyloid, a toxic protein that damages the brains of patients with Alzheimer's. However, the disease is also marked by reduced glucose metabolism—the brain simply doesn't have the energy required for optimal function and repair.

A diseased brain may not be able to metabolize sugar, but it can run quite efficiently on ketones. This alternative energy source easily crosses the blood-brain barrier, supplies much-needed energy to poorly functioning brain cells—and may actually reverse symptoms of dementia.

In a three-month pilot trial, patients with Alzheimer's who followed a ketogenic diet had significant improvements in cognitive function: a four-point average increase on a common testing scale, compared to the placebo group's two-point decline. This is unprecedented. The diet worked better than any anti-amyloid drug ever tested!

The ketogenic diet also reduces inflammation in the brain, and preliminary research suggests it may have a role in the treatment of Parkinson's, ALS, and other devastating neurodegenerative diseases.

Classic Ketogenic Diet

The classic ketogenic diet, shown in studies to control seizures, slow cancer progression, and improve Alzheimer's symptoms, is quite strict. Because the goal is to stay in ketosis, you must dramatically reduce your carbohydrate intake, which means eliminating all sugars, grains, starchy vegetables, and fruits.

So what can you eat? Fat, and lots of it—75 percent of total calories should come from healthy fats

and the remaining 25 percent from protein and carbohydrates. This means lots of avocados, coconut and olive oil, nuts and seeds, nut butters, eggs, chicken, red meat, butter, cheese, and full-fat Greek yogurt and cottage cheese. You can also eat some leafy greens along with cucumbers and other low-carb vegetables, but to remain in ketosis, total daily carb intake must be limited to 20–40 g.

Supplemental medium-chain triglycerides (MCTs) give you a little wiggle room. MCTs, which are most abundant in coconut oil, are a type of fat that is rapidly converted into ketones. Because MCT oil adds both fat and ketones, it allows you eat a little more carbohydrate and still be in ketosis.

Some experts warn about dangers of this diet, but it's really quite safe. The

most common side effect is constipation, since it contains little fiber. It also lacks vitamins, minerals, and phytonutrients present in plant foods. However, these can be replenished with nutritional supplements.

Modified Keto Diets

I'm not convinced that everybody on the ketogenic bandwagon is actually following such a strict

regimen—and that's okay. Less restrictive “modified keto diets” are also beneficial. They typically call for less fat (about 50 percent of total calories), more carbohydrates (50–100 g per day), and a wider variety of vegetables, some beans, and limited fruit.

A low-carb and high-fat/protein diet may not keep you in ketosis 24/7 like the classic ketogenic diet, but it does facilitate weight loss and is a good option for anyone with obesity, diabetes, hypertension, lipid abnormalities, and other aspects of metabolic syndrome. Some evidence suggests that both approaches also support detoxification, boost antioxidant defenses, protect against cancer and dementia—and, in animal studies, even prolong lifespan.

No regimen is a perfect fit for everyone, but if you're struggling with any of these conditions, the ketogenic diet is worth considering.

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My Recommendations

- ▶ To learn more about the classic ketogenic diet for cancer, seizures, and Alzheimer's (4:1 ratio fats to protein and carbohydrates) visit charlifoundation.org.
- ▶ For details on more lenient low-carb, higher-fat/protein diets, check out Paleo, modified Atkins, Whole30, intermittent fasting, and my mini-fast diet.

Dear Dr. Whitaker

Q *I have been told that 5-MTHF is the best form of folic acid. Why don't you have it in all of your supplements? — C.G., via email*

A 5-MTHF (5-methyltetrahydrofolate) is one of the biologically active forms that folic acid is converted to in the body. Although some argue that it is superior to folic acid, there is no solid scientific evidence to support that claim—even for people with elevated homocysteine or a genetically reduced ability to convert regular folic acid. It may be slightly more bioavailable, but it's also less stable, which can be a problem in multi-nutrient formulas. Furthermore, regular folic acid is the form used in virtually all the studies showing benefits of this nutrient. 5-MTHF may be appropriate for some conditions, but folic acid is similar in safety and efficacy—and much less pricey.

Q *Is it possible to be addicted to coffee? I am aware of the health benefits, but I grab a cup as soon as I wake up and drink about six cups a day. My husband thinks this much could be harmful and wants me to cut back. I switched to decaf a few years ago and had headaches. — L.D., Newport Beach, CA*

A Caffeine withdrawal (headaches, fatigue, lethargy, etc., that can occur when you suddenly stop caffeine) is certainly real, which suggests some degree of physical dependency. It could be called addiction, but that would mean millions of us are addicts. And since coffee has

far more benefits than dangers—in a recent study, people who drank three cups a day had a 17 percent reduced risk of death—it's rarely referred to as an addiction. As to how much is too much, that's a tricky question. Some people tolerate high amounts of caffeine, while others can't handle any of this stimulant. If you're not experiencing jitteriness, sleep problems, stomach issues, or rapid heartbeat and you're in generally good health, the amount you are drinking is probably fine. If any of these symptoms appear, scale back by a cup or two daily.

Q *I do different, pretty hard workouts for 45–60 minutes six days a week. However, I often get muscle soreness the next day, especially after intensive yoga and kettle bell workouts. I would think that because I exercise so much I would no longer get this. Could it be a sign of a health problem? — H.B., CA*

A You are experiencing delayed onset muscle soreness (DOMS). It's perfectly normal—everybody who works out hard gets it. Caused by stress, damage, and inflammation of the muscle fibers, it's a sign you're building new muscle. Electrolytes, antioxidants, and natural anti-inflammatories such as curcumin and omega-3s may modulate symptoms. Taking it easy with lighter or varied workouts, gentle stretching, and massage can also help. However, even if you do nothing, DOMS subsides in a few days. If it lingers, it's likely an injury and should be treated.

 Read more at drwhitaker.com, and send your own questions to drwhitakerquestions@drwhitaker.com.

New Online: Kick the Sugar Habit



Our desire for sweet foods is innate—babies are born with a preference for sweet tastes. This instinct was honed in the days when fruit and honey, the only natural sources of concentrated sugars, provided quick energy for hunting and gathering.

Times have changed, but we still have our sweet tooth, and while indulging it every now and again is fine, daily consumption of excess sugar can wreak havoc on your health. If you're looking to kick the sugar habit, let me help. We've developed a website that contains informative articles and quizzes as well as recipes and tools for cutting back. Several of our team members recently undertook a 10-Day Sugar-Free Challenge and were shocked by how much sugar they were eating in processed foods.

The challenge was...well...challenging. But everyone felt going sugar free was worth it—and results such as weight loss, clearer skin, better focus, and more energy speak for themselves. For more information, and to get some delicious low- and no-sugar recipes, visit bloodsugarnetwork.info. We have also included some great articles on diabetes and tips for controlling blood sugar. Kick that sugar habit!

Works for Me...

► **Snoring** *I was told by my doctor that I probably had sleep apnea and underwent overnight testing in a sleep lab. It was a miserable night, on a hard bed hooked up to monitors and sensors. I was told I did not have sleep apnea (although I got so little sleep that night I'm not sure how they could know) and could not get a prescription for a CPAP or APAP machine. So I decided to try Breathe Right nose strips. I can breathe so much better now, and my wife says my snoring has decreased significantly. I tried the drug-store brand, but they came unstuck and didn't work as well. Breathe Right is more expensive but worth the extra cost. — Phil W., TX*

► **Toothbrush Sterilizer** *A few months ago I brought some clip-on toothbrush holders called Steripods for traveling. After reading that they keep toothbrush heads clean and sterile, I decided to use one to store my toothbrush at home. I cannot say for sure but I believe that this has helped me avoid the colds I usually get during the winter. — F.T., Yucaipa, CA*

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

Neat suggestion. Steripods work by slowly releasing “active vapors” from a compound derived from thyme oil. These antibacterial vapors claim to help keep toothbrushes germ-free for up to three months. The company also has razor protectors and tongue scrapers. Learn more at getsteripod.com.

► **Shingles** *I want to thank you so much for the home remedy suggestion for shingles. After suffering for four months (nothing was helping), I put a few drops of olive leaf oil on my chest where the pain was. It was like I lost 100 pounds (as I was also having terrible fatigue and feeling heavy). And the pain is totally gone. Amazing! Thank you again. — Yolanda R., via email*

Glad to hear you've found relief. We've also had good feedback on oral olive leaf extract capsules and tinctures. Olive leaves contain antimicrobial compounds shown to be effective against a number of bacteria and viruses, including the shingles virus (*Herpes zoster*). In addition, olive leaf extract helps boost immune function. It may not be a slam dunk for everyone with shingles, but it's worth a try.

Health Hack: The Downside of Black Licorice

Love it or hate it: Black licorice is something people have strong feelings about. If you love it, you need to be aware that regular consumption can increase blood pressure, decrease potassium levels, and trigger heart arrhythmias. The FDA warns that eating as little two ounces of black licorice daily for two weeks may cause serious arrhythmias and advises against eating large amounts at one time. Play it safe on Valentine's Day and stick with dark chocolate, which is near-universally loved and has multiple health benefits.

Monthly Health Quiz:

Are You Eating Enough Produce?

How many daily servings of fruits, vegetables, and legumes are recommended for optimal health?

- A) 3–4 C) 7
B) 5 D) 10

Answer:

A. A new *Lancet* study involving more than 135,000 people from 18 countries and spanning seven years concluded that 3–4 servings (½–1 cup each, or 375–400 grams total) of vegetables, fruits, and/or legumes daily is enough. People who consumed this amount were 22 percent less likely to die during the study period than those who ate less than one serving. Eating more provided no additional protection. Half a cup of beans, a piece of fruit, a cup of cooked vegetables, and a salad and you're covered.



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Presidents' Day Quote

“Let us at all times remember that all American citizens are brothers of a common country, and should dwell together in the bonds of fraternal feeling.”

— Abraham Lincoln

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

Say No to Stents

What would you do if you were recommended to have a heart procedure that would reduce chest pain and shortness of breath, prevent heart attacks, and possibly save your life? What if the cardiologist told you that you have a severe coronary artery blockage and without the procedure, you could have a life-threatening heart attack?

You'd probably agree to it, like tens of millions of others have over the past 40 years. When a trusted doctor presents it like this, it's a no-brainer.

Problem is, the procedure in question—percutaneous coronary intervention (PCI)—isn't even close to what it's cracked up to be. And physicians who herd patients into PCI know better.

ABCs of PCI and Stents

PCI involves snaking a thin, flexible tube called a catheter up through an artery in the groin or arm into a narrowed or blocked coronary artery. A tiny balloon at the tip of the catheter is inflated, which opens up the blockage and allows for better blood flow.

In most cases, a hollow, wire-mesh, drug-coated stent is left behind to prop the artery open and discourage restenosis, or repeat narrowing of the vessel.

The first balloon angioplasty, as it was called back then, was performed in 1977, and it quickly became a cash cow of cardiology. The procedure really took off after the development of stents 10 years later, and by the mid-1990s, more than a million patients underwent PCI every year.

Most of them were duped. PCI has always been billed as a safer, non-surgical alternative to coronary artery bypass that relieves angina and protects against heart attacks and death. That may be true for patients in the throes of a heart attack or those who have unstable angina that can't be controlled with medications. However, an estimated 500,000 procedures per year are performed on low-risk patients with stable angina (symptoms that come on predictably with exercise).

Research clearly shows that these patients reap no significant benefits—but they do face potential harm from PCI- or stent-related blood clots, artery

damage, long-term requirements for antiplatelet drugs, repeat procedures, and in rare cases, stroke, heart attack, or death.

Studies Show Lack of Efficacy

The most recent study to underscore the folly of PCI is a double-blind, randomized, placebo-controlled clinical trial—the gold standard in medical research—published in November 2017 in *The Lancet*, the world's leading medical journal. Patients with stable angina and severe (average 84 percent) blockages in one coronary artery were randomly assigned to undergo either PCI-stent placement or a sham-

placebo procedure (identical to PCI except the blockages weren't actually treated). All participants continued on the usual medications. When they were retested after six weeks, there were no differences between the two groups in chest pain or other symptoms, quality of life, or time on treadmill stress testing.

Some cardiologists claimed the results were “shocking,”

“stunning,” and “unbelievable.” What a bunch of baloney. A landmark clinical trial 10 years earlier involving more than 2,000 patients with stable angina and nearly five years of follow-up came to the same conclusion: PCI was no better than medications at reducing symptoms or risk of heart attack and death.

Folks, it's time we move beyond the tired old model of heart disease. In the recent *Lancet* study, the stents performed well. They kept the treated arteries open while those in the placebo group were still blocked. That this made no difference in outcomes comes as no surprise to me.

The Forest or the Trees?

Propping open or bypassing blocked coronary arteries does not address the underlying condition. It's like dousing the fire on a single tree while the forest burns. Cardiovascular disease is a systemic disorder and must be treated as such with exercise, diet changes, weight control, stress management, and nutritional supplements like magnesium, antioxidants, coenzyme Q10, B-complex vitamins, and fish oil—as well as appropriate medications and

My Recommendations

- ▶ If you are advised to have a PCI/stent or other invasive heart procedure, get an unbiased second opinion from an independent physician.
- ▶ Refer to the August 2017 newsletter for natural therapies for heart disease. To schedule treatment at Whitaker Wellness, call 800-488-1500.

noninvasive therapies that address the entire cardiovascular system.

Enhanced external counterpulsation (EECP) is such a therapy. It improves function of the endothelial cells lining the blood vessels, boosts artery-relaxing nitric oxide, strengthens the heart muscle, and lowers blood pressure. It also promotes the growth of collateral vessels that open up new pathways of blood flow around blocked arteries. In other words, it's the closest thing we have to a natural bypass.

Although cardiologists reserve this safe, noninvasive therapy for patients who have failed to respond to PCI, bypass, and medications, I believe it should be the first-line therapy for coronary artery disease. Clinical trials have shown that a course of EECP reduces angina, shortness of breath, and medication use, and improves exercise capacity and quality of life. And follow-up studies suggest the benefits last for years.

“Last Nail in the Coffin for PCI...”

The *Lancet* study should be a game changer—an accompanying editorial describes it as “the last nail in the coffin for PCI in stable angina.” However, I'm not

holding my breath. An industry has been built around PCI. Interventional cardiologists, hospitals, and stent, imaging equipment, and drug manufacturers all have a vested interest. At a cost of \$11,000–\$41,000 per stent placement, the financial incentives are great.

If you are recommended to have PCI, get a second opinion. Hundreds of patients have come to Whitaker Wellness after being told they required PCI or bypass surgery—often with warnings of dire consequences if they didn't. Evaluation and testing revealed that nine times out of 10 these patients were not appropriate candidates. They ended up following a more conservative course and did just fine.

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Whitaker Wellness Success Story: Stents, Bypass Surgery—or EECP?

“I had quadruple bypass surgery in 1992. It seemed to work, and I did well for several years, but my chest pain and shortness of breath gradually returned. So my doctor recommended a repeat single-artery bypass, which I had in 2003. This time it didn't help at all. I felt no different than before surgery. I couldn't walk across the street without stopping to catch my breath and wait for the pain to subside. The only thing my cardiologist offered was a prescription for Lipitor, which felt like he was giving up on me. I truly thought I was dying, and I began getting my affairs in order.

“I also researched my options online and came across a handful of clinics that offered alternative treatments for heart disease. I decided on Whitaker Wellness because this clinic had the most therapies. I flew to California from Houston, where I was living at the time, and my doctor started me on EECP, two treatments a day for three weeks, plus daily hyperbaric oxygen therapy, IV vitamins, nutritional supplements, and diet changes.

“At the end of the first week I was feeling better, so I rented a car, drove to the beach, and was able to walk around on the sidewalk. The second weekend I went back to the beach and walked briskly on the sand with no angina or shortness of breath. When I returned home after

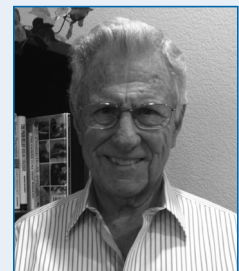
the third week, I had gone from not being able to walk a block to no limitations in my activities.

“I am a believer in EECP. I know it cannot remove my coronary artery blockages, but it can improve arterial health, make the heart muscle work better, and create collateral circulation that bypasses blocked arteries. I also feel that the additional therapies, especially hyperbaric oxygen, make it even more effective, which is why I have returned to Whitaker Wellness.

“For me, the benefits of EECP last about five years. When I first begin to notice mild symptoms with exercise, I know it's time to have another treatment course. A month or so before my last trip to Whitaker Wellness in late 2017, I agreed to a stent in a grafted artery that had closed up. I live in Florida, and my cardiologist convinced me that the stent would improve my chest pain. It didn't. Like my second bypass, it made no difference.

“That's why I plan to stick with EECP in the future. I figure if I don't take the initiative, nobody else will.”

— Bob Parr, *The Villages, Florida*



Bob Parr

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

Innovations in Wellness Medicine

Aspirin for Cancer Prevention

An aspirin a day keeps cancer away? It's looking that way—especially if you take it regularly and long term. A massive population study spanning 10 years and involving more than 600,000 participants compared cancer incidence between people who took daily aspirin for at least six months prior to the study (average use was 7.7 years) and those who didn't. The aspirin takers had significant decreases in the rates of digestive system cancers: 47 percent reduction for liver and esophageal cancer, 38 percent for gastric, 34 percent for pancreatic, and 24 percent for colorectal cancer.

Regular aspirin use also helped stave off leukemia, prostate, and lung cancer; however, in this study it didn't affect rates of bladder, kidney, or breast cancer. Researchers postulate that aspirin's anti-inflammatory effects are responsible for its cancer-preventing properties. This latest research, coupled with aspirin's known cardioprotective benefits, make it a logical add-on to any preventive regimen. The suggested dose is 81 mg daily. Note: If you have bleeding issues or are on blood-thinning medication, consult your doctor before using aspirin.

Fish Oil for ADHD

Trouble focusing. Impulsivity. Hyperactivity. Learning difficulties. These are the main symptoms of attention deficit hyperactivity disorder (ADHD), which according to the CDC has been diagnosed in roughly 11 percent of US kids ages 4–17. Conventional doctors tend to focus singularly on stimulant medications, sometimes coupled with behavioral therapy. But I can't condone the use of side-effect-riddled drugs when safe, natural solutions are waiting in the wings. Case in point: fish oil.

DHA and EPA, omega-3 fatty acids plentiful in fish oil, have long been recognized for their positive effects on brain function, and a new review of clinical data suggests that omega-3s are particularly beneficial for children with ADHD. For starters, most of these kids are deficient in these essential fats. Furthermore, the study showed that regular supplementation resulted in better cognitive performance and attention, and an improvement in symptoms overall. Kids can be picky so look for a good-tasting liquid or chewable gummies and aim for a daily dosage of 500–1,500 mg of DHA/EPA, depending on age. (For adults with attention problems, I suggest doubling that dose.)

Did You Know?

- Watching a hockey game increases heart rate as much as moderate to vigorous exercise.
- Adults with ADHD tend to be night owls, suggesting links with circadian rhythm disruptions.
- *L. reuteri* probiotic strains were shown to halve crying time in colicky babies.
- A third of residents with dementia in long-term care are on antipsychotic drugs, which increase risk of death and should be used only as a last resort.
- Dark chocolate's health benefits require gut bacteria to break cocoa polyphenols into absorbable compounds.
- Concussions during the teen years increase risk of multiple sclerosis in genetically susceptible people.
- Pirates wore eye patches so the covered eye would rapidly adjust to darkness when they went below deck.
- The price of ascorbic acid (vitamin C) tripled last year.
- A hundred species of bugs live in the average home.
- Around 80 percent of all antibiotics are used in animals, often just to promote growth.

Health & Healing Resources

- **Renew Your Subscription** 800-539-8219 (M–F 9 AM–5 PM EST)
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- **Make an Appointment at Whitaker Wellness** 800-488-1500 or whitakerwellness.com

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