



What You Need to Know About Psychiatric Drugs

Since the February 14 shooting at a Parkland, Florida, high school that left 17 dead, there has been an uproar over gun violence. #NeverAgain and other social media campaigns are urging action, and on a single day in March, a million students across the country walked out of classrooms in protest. The US House of Representatives passed the Stop School Violence Act granting \$50 million per year for improvements in school security, and the minimum age for purchasing firearms has been raised in some states.

We are all saddened and disturbed by this and other senseless acts of violence, which are occurring with alarming frequency. Although the murder rate in the US has significantly declined over the past 20 years, mass shootings are increasing. Debate rages over the causes and what can be done to prevent these unspeakable incidents from happening again.

Most of the conversation revolves around gun control, but other factors under discussion include mental illness, lax security, lagging emergency response, bullying, and violent video games, as well as extensive media coverage that seems to encourage copycat attacks and delusions of fame.

However, there's another potential contributor that is routinely ignored: the adverse effects of psychiatric drugs.

Increased Risk of Violence and Suicide

The Parkland murderer had a long history of depression and other mental and emotional problems. Although I am not privy to his medical records, it is common knowledge that the usual treatment for such disorders is psychiatric drugs—and there is documented evidence that the majority of the perpetrators of high-profile mass shootings and murder-suicides in recent years were taking or had recently taken antidepressants, antipsychotics, or other mind-altering medications.



I am not suggesting that psych drugs make everybody crazy and homicidal or that they are solely responsible for these atrocities. However, there is more than enough evidence to at least consider the possibility that these medications may play some role.

Antidepressants are notorious for causing anxiety, aggressiveness, agitation, hostility, irritability, social withdrawal, insomnia, and increased risk of suicide, especially in young people. A 2016 analysis found that these drugs more than doubled their risk of suicide, aggression, and akathisia (restlessness, agitation, and inability to stay still). The FDA knows this and requires a black-box label warning—the most serious type of drug warning—cautioning that antidepressants increase the risk of suicidal thinking and behavior in children, adolescents, and young adults.

Inside This Issue

- Psychiatric Drugs 1
- Works for Me..... 5
- Gut Microbiome & Your Health . . 6
- Kidney Stones, MS 4
- Sanitize in the Friendly Skies .. 5
- Wellness Medicine..... 8
- Adios to Allergies..... 4
- Monthly Health Quiz 5
- Did You Know? 8

It isn't only young people who are at risk. The black box label warns that patients of all ages should be "observed closely for clinical worsening, suicidality, or unusual changes in behavior." A jury last year awarded \$3 million to the widow of a 57-year-old man who committed suicide by jumping in front of a commuter train within days of starting on a generic version of Paxil for "garden-variety" stress and anxiety. The lawsuit maintained that the drug company did not warn of suicide risk in older people—even though they had evidence that it increased risk by 670 percent.

We Should All Be Concerned

I got my wakeup call on the dangers of antidepressants in the early 1990s, not long after the debut of SSRIs (the most popular class of antidepressants, which includes Paxil, Zoloft, Celexa, and Prozac). A woman came to the clinic with a disturbing story. She had been prescribed Prozac for mild depression and felt like it helped for a while, but then she started having violent temper tantrums. The day she picked up a baseball bat and, with no provocation, smashed the windshield of her car, her terrified husband insisted she get help.

My opposition was strengthened when I interviewed parents and spouses whose loved ones had committed suicide or uncharacteristic acts of aggression after starting on a psych drug. Mathy D. told me about her daughter Candace, a beautiful, vivacious 12-year-old honor student. A few months after Candace was prescribed Zoloft for anxiety, she spent the evening watching *Animal Planet* with her dad, then went to her bedroom and hanged herself.

Depressed people don't just go around shooting people, jumping in front of trains, bashing in windshields, or hanging themselves without warning. Seriously, folks, if there's even a remote chance a child or adult will experience these horrendous effects, why

would any physician prescribe them? Furthermore, why would any patient agree to take them?

Antidepressants Aren't Very Effective

Antidepressants also have other, less severe but far more common side effects. About a quarter of people on SSRIs gain 10 pounds or more. Erectile dysfunction and reduced libido are frequent complaints, as are gastrointestinal upset and headaches. Many users report emotional numbness or indifference—one of my patients said Zoloft made her feel like a zombie. These drugs also increase risk of birth defects when taken during pregnancy.

To top it off, antidepressants aren't very effective. Danish researchers published a study last year evaluating the results of all 131 of the randomized, placebo-controlled clinical trials on SSRI antidepressants to date. They concluded that these drugs might have some effect on depression but "...the clinical significance seems questionable. SSRIs significantly increase the risk of both serious and non-serious adverse events. The potential small beneficial effects seem to be outweighed by harmful effects."

This study should have prompted dramatic reductions in medication use. But because it challenged the status quo, it was overshadowed by another recent study that came to the opposite conclusion. It's important to note that the latter study, although comprehensive and well designed, included only short-term, eight-week clinical trials of adults with major depression, and the benefits compared to placebo were "mostly modest." In the real world, the majority of adults and children on antidepressants have mild-to-moderate depression or anxiety, and 80 percent of them take the drugs for months, years, or even decades.

Nevertheless, headlines blared, "Antidepressants do work and many more people should take them."

DR.WHITAKERS

Health & Healing
YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, has practiced medicine for over 40 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

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A psychiatry spokesman falsely claimed the study “finally puts to bed the controversy on antidepressants.” And Big Pharma—which is infamous for exaggerating benefits and concealing adverse effects—continues to rake in windfall profits on these enormously popular drugs.

Too Many on Psych Drugs

One in six adults—and nearly one in five women—in this country take antidepressants, anti-anxiety meds, sedatives, sleeping pills, and/or anti-psychotics. Nearly 14 percent of our children and teens were prescribed an antidepressant, stimulant, or antipsychotic in a recent year. These drugs are so enmeshed in our culture that this seems normal.

There is nothing normal about it. Of course, some patients benefit from psychiatric medications. However, excessive use of prescription drugs that alter the mind,

emotions, and behavior negatively affects the health and well-being of millions—and may well contribute to tragedies that shake the very foundations of our society.

Warning: Do not stop antidepressants or other psychiatric drugs cold turkey, as this can cause withdrawal symptoms, worsening depression, and heightened side effects. Work with your doctor to gradually taper down meds while adopting safer natural therapies.

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Alleviating Anxiety and Depression Naturally

Talk to your doctor about underlying medical conditions that contribute to depression and anxiety. Addressing hormone imbalances, obesity, sleep problems, pain, and chronic diseases can make a world of difference.

Cognitive behavior therapy is a viable, yet underutilized option. A few sessions with a psychotherapist, focusing on recognizing and changing unhelpful thoughts and behaviors and developing better coping skills, is clearly superior to medications—and unlike drugs, the effects are lasting.

I can't overemphasize the importance of lifestyle modifications. Get serious about exercise (aim for 30 minutes most days of the week) and a healthy diet (lots of vegetables, a little fruit, good fats, and lean protein), which can have a dramatic effect on mental and emotional well-being.

Learn how to manage stress with modalities such as mindfulness meditation, yoga, and massage. Acupuncture, an ancient Chinese therapy that restores and balances Qi (the flow of energy throughout the body), triggers endorphins and neurotransmitters in the brain that promote well-being. And neurofeedback, a type of biofeedback, actually retrains brainwaves, which helps modify emotions and behaviors.

Supplements are also key. Start with a daily multivitamin with robust doses of B-vitamins plus fish oil 1–2 g EPA/DHA and extra vitamin D

2,000–5,000 IU. Then add targeted supplements as needed. For depression, consider curcumin 400–500 mg, SAME 800–1,600 mg, 5-HTP 100–200 mg, low-dose lithium 10–20 mg, and St. John's wort 900 mg per day. (St. John's wort interacts with several drugs so talk to your doctor if you're on any medications.)

For anxiety, try PharmaGABA, the best-absorbed form of GABA, an amino acid and neurotransmitter renowned for its calming properties. Take 100 mg 1–3 times per day as needed. Other calming supplements include L-theanine 400–600 mg and magnesium citrate 300–400 mg, taken at bedtime. Adaptogenic herbs such as ginseng, ashwagandha, and rhodiola all help to naturally modulate the effects of stress and anxiety. Use as directed.

If you're thinking nutritional supplements may not be powerful enough to treat depression and anxiety, think again. Researchers tested curcumin against Prozac and found the botanical worked just as well as the antidepressant—with no dangerous side effects. And a new meta-analysis comprised of 377 patients and six clinical trials declared curcumin to be a safe, well-tolerated, and effective treatment for depression.

If your doctor isn't open to drug-free treatment options for depression and anxiety, find a physician who is by visiting acam.org. The peddling of these dangerous drugs has to stop. And you, as a patient, have the right to “just say no.”

Dear Dr. Whitaker

Q *Is it safe to eat avocados after they've turned brown? My wife always scrapes or cuts those areas out, but I've tasted them, and they seem okay. — Bruce B., Newport Beach, California*

A Browning of cut surfaces of avocados is a sign of oxidation, the same process that discolors apple slices, peeled bananas, and other produce when exposed to air. Brown spots or stringy areas inside avocados could be bruising, improper storage, or over-ripeness, and although I would probably cut them out, they are safe to eat. However, if the avocado is really dark or smells rancid, toss it.

Q *I'm trying to knock out a couple of kidney stones with "chanca piedra," 15 drops in one ounce of water twice a day. Will this work? — Tony H., via email*

A Although I have no clinical experience with *Phyllanthus niruri* (commonly called chanca piedra, which is Spanish for "stone breaker"), this botanical has long been used in traditional medicine to treat urinary tract and liver issues. I was unable to locate much research on its use for kidney stones, but one small study showed that it did improve patient outcomes when taken for three months after lithotripsy (shock wave therapy)—and that it had an "absolute lack of side effects." Also make sure you're drinking lots of water spiked with about four ounces of lemon juice over the course of a day, and take 400–500 mg of magnesium and 75 mg of vitamin B6 daily. Please let me know how it works for you.

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

Q *Our daughter has been diagnosed with primary progressive multiple sclerosis (MS). She is scheduled to be part of a university study involving the use of Ocrevus, a drug recently approved by the FDA. Do you have any information about alternative treatments for this condition? — L.P., Georgia*

A One natural therapy that is being seriously studied for progressive MS is biotin. Several small studies suggest that 100–300 mg of this B-complex vitamin has a stabilizing effect on progression and symptoms, and larger studies are underway. Other supplements that may help include vitamin D (5,000 mg or more—enough to maintain a blood level of 50–80 ng/mL), natural anti-inflammatories such as fish oil and curcumin, and probiotics.

I also recommend low-dose naltrexone (LDN) and hyperbaric oxygen therapy (HBOT). LDN works by calming down an overactive immune system. In very low doses (3.5–4 mg taken at bedtime), this drug has proven benefits for MS and other autoimmune diseases. LDN requires a prescription and is available only from compounding pharmacies, such as Belmar Pharmacy (800-525-9473). HBOT is worth a try as it has significant effects on stroke, traumatic brain injury, and other conditions affecting the brain and nervous system. To learn more about LDN, visit ldnscience.org. To locate an HBOT facility, visit hyperbariclink.com.

New Online: Adios to Allergies

Spring is in the air—along with a deluge of tree, grass, and flower pollen that triggers the hyper-vigilant immune systems of allergy sufferers. If you're searching for over-the-counter relief, new treatment guidelines suggest that the most effective way to quell allergy symptoms is an inhaled corticosteroid nasal spray such as Nasacort or Flonase. This shift from previous guidelines, which recommended an oral antihistamine plus a corticosteroid spray, is based on research showing that the combo provided no greater relief than the spray alone.

Don't overlook natural solutions, which include blocking airborne allergens from entering the body by smearing a little Vaseline or Aquaphor just inside the nostrils and cleansing the nasal passages regularly with saline rinses. Helpful supplements include vitamin C, nettles, quercetin, bromelain, N-acetyl-cysteine, probiotics—and possibly fish oil. A new Swedish study found that kids who had the highest bloods levels of essential fatty acids at age 8 had a reduced risk of developing allergies and asthma by age 16. Because omega-3s have so many health benefits, supplementing daily and starting early isn't a bad idea. For more ways to say adios to allergies this spring, visit drwhitaker.com.



Works for Me...

▶ **Bone Density** *Several years ago I had a bone density test that showed I had early stages of osteoporosis. I was put on Fosamax, which was very expensive. Two years later I had another test and was told to stay on the drug. Then I started taking your daily multivitamin and got serious about weight-bearing exercise. After my next bone density test about two years later, I was told I was normal—no more Fosamax for me! — W.G., Florida*

Great testament to the power of exercise and nutrition. I'm happy to hear you're off Fosamax. I'm not sold on this class of drugs, especially for osteopenia or early stages of osteoporosis. Furthermore, long-term use has been shown to increase the risk of atypical fractures, and experts now recommend that patients take a two-year "holiday" after being on these drugs for five years. A bone-building supplement regimen (vitamin D, vitamin K, boron, strontium, magnesium, and calcium) and weight-bearing exercise is a much better defense against osteoporosis.

▶ **Stomach Pain** *I am a longtime subscriber of your newsletter, and because of this, I have no pain in my stomach. I have had poor digestion since childhood. But once I started using DGL, it stops any stomach pain that I have. — Max R., Nebraska*

DGL (deglycyrrhizinated licorice) is my all-time favorite for acid reflux, indigestion, and other digestive woes. Glad it works for you.

▶ **Heart Disease** *My long-deceased mother received your newsletter in the mail in the early 1990s. As a nurse practitioner, I would fan through them as well and truly got inspired by your new concepts. In 2002, when my husband was told that he needed to take a medication for angina, he said, "No," and we came to your clinic. What a life-changing experience! My husband lost 40 pounds and never did take the drug. To this day, all of his biomarkers are normal. He recently passed his exams with a cardiologist with flying colors and was told to come back in five years. We eat a plant-based, whole foods diet, are avid walkers, and take our health seriously. I want to thank you and your staff for the wonderful care provided to us. — L.K.B., California*

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

Health Hack: Sanitize in the Friendly Skies

Airports and airplanes are dirty places. Researchers cultured swabs from six different surfaces in three major airports and airliners to determine "colony forming units" per square inch (CFU). Far and away, the germiest surface was the airports' self-check-in kiosks with 253,857 CFUs, followed by the flush button in airplane lavatories with 95,145 CFUs. To put this into perspective, toilet seats at home average 172 CFUs. Seatbelts and tray tables had lower CFUs, but the bacteria on these surfaces were more likely to cause illness. Protect yourself by using hand sanitizer and wiping down surfaces with antibacterial wipes.

Monthly Health Quiz:

Which of the following eating habits increases risk of obesity?

- A) Eating fast.
- B) Skipping breakfast.
- C) Eating dinner within two hours of bedtime.
- D) Snacking after dinner.

Answer:

All except B. In a recent *BMI* study, eating too fast was linked to higher BMI, larger waist circumference, and greater risk of obesity. Eating dinner too close to bedtime and snacking in the evening, likely due to poor food choices, also increased risk. Intermittent fasting (skipping meals or going longer periods without eating) actually facilitates weight loss.



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Mother's Day Quote

“When your mother asks, ‘Do you want a piece of advice?’ it’s a mere formality. It doesn’t matter if you answer yes or no. You’re going to get it anyway.”

— Erma Bombeck, American humorist, 1927–1996

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

Gut Microbiome and Your Health

“Imagine the scenario: a scientist at a conference claims to have found a new organ in the human body. It is comparable to the immune system in as much as it is made up of a collection of cells, it contains 100 times more genes than the host, is host-specific, contains heritable components, can be modified by diet, surgery, or antibiotics...”

Sounds farfetched, but that’s a pretty good description of the gut microbiome (or microbiota), the tens of trillions of bacteria, viruses, and fungi that reside in your intestinal tract and have a profound impact on your health.

Far-Reaching Effects

Only in the past couple of decades have we begun to appreciate the mutually beneficial relationship we share with these microorganisms. We provide them with a warm environment and regular nourishment, and they in turn enhance our health in many ways.

The gut microbiome breaks down complex carbohydrates, producing short-chain fatty acids that are used by the body for energy. It synthesizes nutrients such as vitamins B12 and K, and converts toxins into safer compounds. It helps maintain the integrity of the intestinal tract and protects against pathogens. It also plays a fundamental role in the development and function of our immune systems.

Disruption of the gut microbiome is obviously linked with intestinal problems. And because a huge proportion of the immune system is located in the gut, microbial imbalances increase risk of infection, inflammation, autoimmune flare-ups, and sensitivity to allergens as well. But gut microbes also have more far-reaching effects.

The Gut-Brain-Microbiome Connection

There is so much biochemical crosstalk between the intestinal tract and the central nervous system that the gut is sometimes referred to as the “second brain.” The gut microbiome plays a central role. Ninety percent of the body’s serotonin—best known as a mood-boosting neurotransmitter—is made in the gut, and resident microorganisms are required for its production. Some bacteria are also able to directly signal the brain via the vagus nerve, which extends from the brain to the intestines.

Anxiety-induced butterflies in the stomach and stressful news that feels like a punch in the gut are

obvious examples of gut-brain communication—and it goes both ways. Gastrointestinal symptoms that are often attributed to anxiety and depression may originate in the gut and be the cause rather than the result of emotional distress.

Recent research suggests that shifts in the diversity and balance of gut bacteria may also contribute to post-traumatic stress disorder, autism, Parkinson’s, and Alzheimer’s disease.

Weight and Metabolism

The bugs in your gut impact appetite and food cravings as well. By triggering nerve signals to the brain that affect taste receptors, food cravings, and reward behaviors, the gut microbiome influences what when, and how much you eat.

There is growing recognition that these microscopic organisms have an outsized influence on your weight. The dominant types of bacteria in the gut are *Firmicutes* and *Bacteroidetes*, but the ratio of the two varies from person to person. Multiple studies have found that obese people have a higher number of *Firmicutes*, which extract energy more efficiently than *Bacteroidetes*, compared to lean individuals. This allows more calories to be absorbed and thus promotes weight gain.

Nurture Your Bugs

Everybody knows that antibiotics severely disrupt the gut microbiome, but lifestyle factors such as physical activity, sleep, stress, and especially diet also affect bacterial diversity and balance.

A lousy diet, heavy on processed foods and devoid of nutrients and fiber, takes a toll. Artificial sweeteners in particular have harmful effects, including encouraging the growth of bacteria associated with weight gain and glucose intolerance. Several experts have linked America’s obesity and diabetes epidemics with chemical sweeteners, which are especially popular among people trying to lose weight or control blood sugar—essentially contributing to the conditions they’re supposed to help alleviate!

On the other hand, a natural, whole-foods diet nurtures and restores healthy gut flora. This includes foods that contain live microorganisms such as yogurt, kefir, cheese, miso, and natural, unheated sauerkraut and kimchi, as well as fiber-rich vegetables, legumes, seeds, and whole grains. A high-fiber diet was recently

shown to lower blood sugar by boosting beneficial microbial strains in the gut. All fiber sources are good, but raw onions, leeks, garlic, asparagus, jicama, and Jerusalem artichokes are particularly recommended, as they contain prebiotics, indigestible carbs that specifically promote the growth of gut flora.

Polyphenol-rich foods such as berries, tea, and cocoa also support the gut microbiome. The well-known benefits of these “superfoods” are due in part to the positive effects polyphenols exert on inflammation-quelling gut bacteria.

Explosion of Research

Getting enough of these important compounds is hit or miss for most people, which is why I recommend supplements. Studies have demonstrated benefits of supplemental probiotics for a wide range of health challenges, including ulcerative colitis, constipation, diarrhea, irritable bowel syndrome, depression, anxiety, high cholesterol, hypertension, diabetic wounds, sleep disturbances, colic in babies, appetite and eating behaviors, eczema, airborne allergies in children, colds and respiratory symptoms, periodontal disease, nonalcoholic fatty liver disease, and dandruff.

The best-studied and most popular probiotics are *Bifidobacteria*, *Lactobacillus*, and *Saccharomyces* (probiotic yeast), and there are many strains within these broader categories. Numbers of viable bacteria (colony-forming units or CFUs) also vary, ranging from several million to several hundred billion! Prebiotics such as fructo-oligosaccharides and inulin are sometimes added for additional support. Specific strains and strengths have been studied in clinical trials, but for general support, I recommend a supplement with a minimum of 2 billion CFUs of the above strains.

There’s much we do not know about the community of microbes living inside us. You can have your gut microbiome tested, which provides interesting information on microbial makeup and diversity, but I’m not sure how useful it is at this time.

I suspect that someday, gut microbiome tests will be as routine as blood tests, and personalized bacteria “cocktails” will be available to engender health and treat all sorts of ailments. Until that day, be kind to your microbiome.

My Recommendations

- ▶ Nurture your microbiome by avoiding antibiotics and artificial sweeteners and eating a whole-foods diet with lots of fermented and fiber-rich plant foods.
- ▶ For general support, take a probiotic supplement that contains at least 2 billion CFUs of *Bifidobacteria*, *Lactobacillus*, and/or *Saccharomyces* strains. Purchase from a reputable company and store properly.
- ▶ To learn more about fecal transplant, visit openbiome.org.

Reference

Marchesi JR, et al. [The gut microbiota and host health: a new clinical frontier. *Gut*. 2016;65:330–9.](#)

Fecal Transplant: Therapeutic Poo

The most powerful way to modify the gut microbiome is fecal transplant—the introduction of stool from a healthy person via enema, nasogastric tube, colonoscopy, or oral capsules, which colonizes and repopulates the gut, resulting in a healthy microbiome.

For aggressive *C. difficile* intestinal infections that do not respond to antibiotics—which kill about 30,000 Americans per year—fecal transplant has a 90 percent success rate. Carolyn Edelstein’s cousin was infected with *C. difficile* following a surgery in 2011. He heard about fecal transplant after failing seven courses of antibiotics and figured it was worth a try. But since it wasn’t FDA approved or available from doctors, he opted for a do-it-yourself home procedure. It saved his life.

This experience inspired Carolyn and colleagues to create OpenBiome, a nonprofit foundation that educates patients, helps them get treatment, screens donors, and banks stool.

Fecal transplant is also effective for ulcerative colitis, Crohn’s disease, and other inflammatory gastrointestinal problems as well as chronic irritable bowel syndrome. Nevertheless, the FDA only allows physicians to treat patients with *C. difficile*—no other conditions. Furthermore, because they are dragging their feet on official approval, insurance doesn’t cover it.

A proven treatment for a deadly infection and other serious bowel diseases that people are dying from, yet the FDA says it’s a no-go? There’s something seriously wrong here.

Innovations in Wellness Medicine

Unstable Shoes for Low Back Pain

Though it seems counterintuitive, a new study bears it out: Wearing unstable “rocker bottom” shoes can actually reduce back pain. Researchers divided patients with chronic low back pain into two groups and had half of them wear unstable shoes with curved soles for a minimum of six hours a day while the other half wore their normal shoes. When they were reevaluated after four weeks, the group that had had worn the unstable shoes reported marked relief of pain and disability. Furthermore, testing revealed improvements in range of motion, strength of the lower back muscles, and curvature of the lumbar spine.

You can find a wide variety of unstable rocker-bottom shoes in stores and online, starting at as low as \$25 a pair. Wear them for a minimum of six hours per day every day—and walk away back pain.

Diet and Body Odor

You know the old saying, “You are what you eat?” Well, it turns out that what you eat also affects how you smell. Although genetics, the unique bacterial biome naturally present on your skin, and personal hygiene have the greatest impact, research suggests that certain foods do influence body odor.

On the positive side, several small studies have found that women find the body odor of men who abstained from meat to be less intense and more attractive than those eating a diet high in red meat. And Australian researchers have linked a greater intake of fruits and vegetables with significantly more pleasant-smelling sweat.

Topping the list of odiferous foods are cruciferous vegetables, which contain health enhancing, but “stinky” sulfur compounds that can be released in the sweat. Another offender is very low-carb ketogenic diets. These diets put the body into ketosis (fat-burning mode), which causes a distinctive fruity odor to emanate from the breath and skin.

Then there’s alcohol. Imbibe too much and your breath and pores will reek of the pungent scent of acetic acid, the byproduct of alcohol metabolized in the liver. Finally, some people have a rare genetic disorder that prevents the breakdown of a compound called trimethylamine (TMA). When TMA—which is abundant in choline-rich foods such as fish, eggs, and red meat—builds up in the body, it gives off a strong fishy odor.

Did You Know?

- Acupuncture is a proven treatment for chronic constipation.
- Food wasted in the US could supply every man, woman, and child with 1,217 calories and 33 g of protein daily.
- Glass filters out vitamin D-producing UVB but lets in skin-damaging UVA.
- One in three people over age 64 and half of those 75 or older have hearing loss.
- Heavy diet soda consumption increases risk of end-stage kidney disease.
- Half of all cancers in women and a quarter of cancers in men are linked with obesity.
- Life expectancy in the US has declined for the second year in a row.
- Women are more likely to develop Alzheimer’s disease than breast cancer.
- Regular, even high consumption, of caffeine does not increase incidence of atrial fibrillation.
- A single pigeon produces 25 pounds of droppings a year.
- Boys who are overweight at age 18 are more than twice as likely to have hypertension by middle age.
- Gaming disorder (uncontrolled use of video or digital games) is now considered a mental health condition.

Health & Healing Resources

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- **Buy Supplements** 800-722-8008 or drwhitaker.com
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- Vitamin D for Sunburn
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