



Be Wary of OTC Pain Meds

I was scanning the sports pages when I came across an article about Tiger Woods' recent run at the Masters golf tournament. What caught my eye was an observation that before teeing off on the 10th hole on the first day, he pulled out a bottle of ibuprofen and took two pills. He later said that his back surgeon advised him to "take it all day."

I can sympathize. I've played a lot of golf, and I know how it exacerbates back pain. Ibuprofen is taken by many athletes during training and competitions—and by folks with arthritis and other chronic conditions on a daily basis—to stave off pain. It may well have helped Tiger Woods get through the Masters and stay on the professional circuit. Nevertheless, I strongly disagree with this advice.

Opioid painkillers such as oxycodone and hydrocodone are getting a lot of attention these days, and rightfully so. Rising overdose deaths and lawsuits against opioid manufacturers underscore the dangers of these addictive drugs.

There is no question that ibuprofen is safer than opioids, especially for someone like Tiger Woods who did a stint in rehab last year for prescription drug dependency. But that doesn't mean over-the-counter (OTC) analgesics are benign—far from it.

Unfortunately, a 2016 survey revealed that many Americans are "unaware or unconcerned about

potential side effects." Not smart. When it comes to medications, what you don't know can hurt you.

NSAIDs Only in Moderation

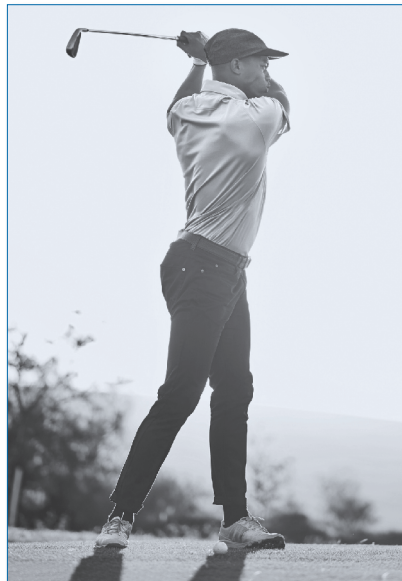
Ibuprofen (Motrin and Advil), along with naproxen (Aleve), aspirin, and other nonsteroidal anti-inflammatory drugs (NSAIDs), relieve pain by suppressing the production of prostaglandins, natural compounds that promote inflammation and pain. These medications are quite effective, and occasional use is fine. However, excessive or long-term use is not uncommon—nearly one in five people in the above survey reported exceeding the recommended dose.

Gastrointestinal bleeding is the best-known side effect of NSAIDs. Prostaglandins also protect the lining of the GI tract, and curbing their production leaves these tissues more

vulnerable to ulceration and damage.

The initial claim to fame of Celebrex, a prescription NSAID, was that it was easier on the stomach, but we now know it poses similar dangers. The likelihood of GI bleeding increases with higher doses and longer use, as well as with heavy drinking, concurrent use of some other medications, and age—people over 65 have a three- to fourfold greater risk.

NSAIDs are also associated with impaired kidney function, and frequent use of both NSAIDs and



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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD, 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 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,

If you watch much TV, you've seen more than your share of drug commercials. Average viewers see as many as nine a day, which adds up to 30 hours per year! And they're increasing. The pharmaceutical industry's advertising expenditures have risen by 62 percent over the past five years and now exceed \$6 billion annually.

Drug ads are so common that, at best, you think of them as just another annoying interruption. (At worst, you ask your doctor, as the ads suggest, if a drug is right for you.) But there's nothing normal about it. In most countries—the United States and New Zealand are the only exceptions—direct-to-consumer (DTC) advertising of prescription medications is prohibited. The FDA, however, prompted by their buddies in Big Pharma, allows it on the grounds that it is a valuable and empowering source of information for patients.

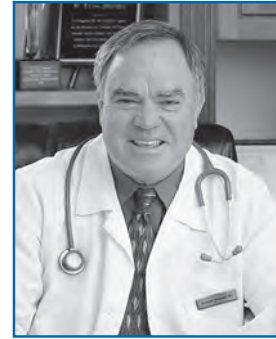
The American Medical Association, professional and consumer groups, and a number of US legislators disagree and have called for a ban on DTC advertising. They claim that misinformation, false promises, and disruption of the doctor-patient relationship lead to overprescribing, greater and often inappropriate demand for pricey brand-name meds, and an increase in overall health care costs.

Yale researchers published a study earlier this year that buoys these criticisms. They analyzed 97 DTC TV ads and found that while many of the ads quantified the drugs' efficacy and benefits, none of them quantified risks. (Adverse effects are rapidly mentioned in a droning voiceover.) More than three-fourths of advertised drugs were for chronic conditions such as diabetes, neuropathy, inflammatory diseases, and bowel or bladder problems and intended to be taken over the long term. Some of the ads even suggested unapproved, off-label uses such as diabetes drugs for weight loss and hypertension, which is grossly illegal per FDA regulations.

Let's not be naïve. Big Pharma's goal is not to educate consumers. It's to sell products and make money—and it is working. When a company gets spanked by the FDA for making outrageous claims, they pay a hefty fine, go on with business as usual, and rake in the profits.

I am a strong supporter of free speech, but as a physician I truly believe that unbridled DTC drug advertising does more harm than good. Believe me, asking your doctor for the latest and greatest medication is not "right for you."

To your health,

Julian Whitaker, MD
 America's Wellness Doctor

Founder of the Whitaker Wellness Institute, Newport Beach, California

acetaminophen is linked with rebound headaches and increased risk of hearing loss, especially in women. But NSAIDs' most deadly adverse effects involve the cardiovascular system.

The FDA requires black box warnings on prescription NSAIDs cautioning that they increase risk of potentially fatal blood clots, heart attacks, and strokes. But risk is not limited to prescription drugs.

A 2017 study found that taking high doses of ibuprofen, naproxen, or other NSAIDs for as little as eight days significantly increases heart attack risk. (Note: Cardiovascular risk does not pertain to aspirin; regular aspirin use is actually protective.)

Acetaminophen Is Safer, But...

Acetaminophen (Tylenol) is the most popular pain reliever in the US. It works well for fever, headache, and other aches and pains, although it is less effective than NSAIDs for muscle soreness, acute injuries, back pain, and arthritis because it does not dampen inflammation.

It does, however, have a better safety profile. Acetaminophen doesn't cause GI bleeding or cardiovascular problems, and it's a better choice for pregnant women and young children. As with NSAIDs, occasional use is perfectly acceptable, but excessive use is a leading cause of acute liver damage, responsible for nearly 100,000 annual ER visits and hospitalizations and 20 percent of all liver transplants.

The main thing you need to know about acetaminophen is that it is found in more than 600 products for pain, colds, flu, and more, so it's easy to take too much. Read drug labels very carefully, and limit total daily use to less than 3,000 mg (4,000 mg max). Go easy on alcohol while taking acetaminophen, as this combo increases risk of liver damage.

Drug-Free Options

Lifestyle changes don't come to mind as therapies for pain, but anything that boosts overall health can help. Researchers from the United Kingdom recently reviewed the medical literature on the effects of nutrition, diet, and exercise on osteoarthritis—the leading cause of pain in older people—and found supporting

evidence for increased physical activity, dietary modifications to achieve weight loss, and fish oil. Their analysis of 68 studies on omega-3s was particularly revealing. Taking low-dose fish oil (one to two 1,000 mg capsules) improved pain and function.

Other beneficial supplements include curcumin and boswellia (Ayurveda herbs discussed on pages 6–7) and cannabidiol (CBD), an anti-inflammatory compound in marijuana that is an up-and-comer for the treatment of pain.

My Recommendations

- ▶ Do not exceed the recommended dose of any pain medication.
- ▶ Suggested supplements include fish oil two 1,000 mg capsules, boswellia 100 mg, and curcumin 200–500 mg (Meriva or another product with enhanced absorption).
- ▶ Although CBD is widely available in supplements and oils, it still faces legal challenges in the US. However, many states have legalized cannabis compounds for qualified patients with a doctor's prescription. To learn more, visit medicalmarijuana.procon.org.

Topicals applied to the skin over the affected areas are also helpful. My favorite is DMSO, a sulfur compound that I discovered back in my marathon and cross-country biking days. The only drawback is its very strong smell, which my wife cannot stand. She prefers OxyRub, which contains oxygenated oil, has a much milder odor, and effectively relieves pain.

Capsaicin, the compound that gives hot peppers their burn, is helpful as well, especially for neuropathic pain. I also want to mention topical

NSAIDs, even though they are drugs and do require a prescription. Because the medication is delivered right where it's needed, there is minimal systemic absorption and far fewer side effects.

Listen to What Pain Is Saying

Pain is your body's way of telling you something is not right. It might signify an injury that needs tending to, an activity or behavior that should be modified to prevent worsening an existing problem, or a warning that you need medical attention right away.

The real goal is not to mask pain but to figure out what's causing it and correct the underlying problem.

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Dear Dr. Whitaker

Q *I am interested in trying a supplement called Slimvance. It is supposed to be very effective for weight loss, especially around the middle where I carry my weight. It is herbal and has no caffeine so it does not cause jitteriness. Are you familiar with this supplement? — Alice B., California*

A Slimvance is an herbal blend of turmeric, moringa, and curry leaves, which claims to control appetite, increase fat burning, and block absorption of dietary fat. An unpublished 16-week clinical trial reported that 900 mg of Slimvance per day, plus a diet and exercise program, resulted in an average loss of 12 pounds and two inches around the waist. If taking this or any other supplement encourages you to eat better and stick with an exercise program—the only path to lasting success—I see no reason not to try it. But remember that there is no magic bullet for weight loss.

Q *I work out regularly, and although I do not sweat profusely, my face turns beet red and stays that way for some time. People sometimes comment on it and ask me if I am okay. I feel fine, but I would like to know if this could be a sign of a health problem and if there is anything I can do about it. — Patti L., Oklahoma*

A Reddening of the skin is simply one of the ways your body cools down. When your core temperature rises, you start to sweat and the capillaries dilate as heated blood moves to the skin, where it can be

radiated away from the body. Reddening is more prominent in people with lighter skin, and other genetic factors also figure in. It's possible you have a treatable condition such as rosacea—and if you're overdoing it in extreme heat, a red face could be a warning of heatstroke. In all likelihood, however, it's nothing to worry about.

Q *You would do your readers a great service if you would write about the devastating effects Cipro, Levaquin, and Avelox have on some people—often after only a dose or two. Sometimes these effects show up months later, and some people are still popping tendons 20 years after taking the nasty stuff. What tragedies for people innocently trying to clear up a UTI or other infection! Giving those drugs is like shooting a squirrel with an atomic weapon! — Rebecca C., via email*

A Thanks for this important reminder. All fluoroquinolone antibiotics require a black box label warning of increased risk of potentially permanent tendinitis, tendon rupture, peripheral neuropathy, nervous system problems, and worsening of myasthenia gravis. New studies also suggest links with aortic aneurysm and dissection. Although fluoroquinolones should only be used as a last resort, the CDC recently reported that about a quarter of prescriptions are inappropriate or unnecessary. Question any and all new prescriptions. For more information, visit fqresearch.org.

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

New Online: Diabetes and Your Eyes



Most everyone has some vision loss as they get older—reading glasses are more common than wrinkles and gray hair among folks my age! But if you're dealing with diabetes, your risk of vision problems skyrockets. High blood sugar doubles the likelihood of developing cataracts, and quintuples risk in people ages 45 to 54. Glaucoma, which is marked by increased pressure that can damage the optic nerve, is nearly twice as common in diabetics. And because elevated blood sugar damages the tiny blood vessels in the retinas, it is a leading cause of retinopathy, which can seriously impact vision. All told, diabetes is the leading cause of blindness in people younger than 70.

So what can you do? First, work on controlling your blood sugar with diet, exercise, weight loss, supplements such as berberine and chromium, and, if necessary, drugs. Second, take a potent daily multivitamin supplement. Recent studies have found associations between diabetic retinopathy and deficiencies in vitamin D, magnesium, and zinc. Finally, take vision-targeted nutrients such as lutein and zeaxanthin, which nurture the eyes and help ward off complications. Visit drwhitaker.com to learn more about common vision problems and what you can do to reduce your risk.

Works for Me...

▶ **Arrhythmia** *I have suffered from irritating heart arrhythmia for years. Previous physicians have assured me it is nothing to be alarmed about, but never once did anyone suggest the possibility that the condition could be caused or exacerbated by magnesium deficiency. My father mentioned your opinion about magnesium helping control heart arrhythmias, so I started taking it. I am happy to report a vast improvement. I have a nearly normal beat with minor exceptions for the first time in 15–20 years. — Bob S., via email*

Magnesium, along with other minerals, is involved in stabilization of the heart's electrical activity. Oral supplements have been shown to improve an irregular heartbeat, especially in people who are magnesium deficient. The usual dose is 500 mg, preferably twice a day. Be aware that higher dose magnesium causes loose stools in some people. If this occurs, reduce it to 500 mg once a day.

▶ **Regularity** *I take your probiotic supplement every day and it keeps the ol' plumbing working like clockwork. The extra strength is perfect for me. — K.C., Maryland*

▶ **Low-Carb Diet** *I was looking for a lower carb replacement for rice and pasta and began experimenting with quinoa. It's easy to prepare, and with chopped vegetables it's a tasty, healthy side dish or a main dish if you add chicken or other protein. "Riced" cauliflower and broccoli are also great low-carb substitutes. I usually shop at Trader Joe's, but I've seen all these items at the regular grocery store as well. — Rebecca B., Texas*

▶ **Heart Disease** *Natural products have helped me save my husband's life. After six bypasses were taking him to his grave, he never recovered and became sicker and sicker until I discovered Strauss Heartdrops. This man is living a normal life with a fourth of his heart destroyed. He takes only one blood pressure med and has been using the Strauss herbal remedy for six years now. — Health & Healing Subscriber*

This herbal tonic, which is based on a 300-year-old formula, is backed by a handful of small studies and a legion of enthusiastic users. A blend of aged garlic, bilberry, cayenne, hawthorn, and other herbs, it is indicated primarily for circulatory and cardiovascular disorders. It can be ordered on heartdrops4life.com and Amazon.com.

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

Health Hack: Look Out for Lyme Disease

The CDC recently apologized for a tweet challenging viewers to find five ticks on a photo of a poppy seed muffin. Although it backfired—people found the image disturbing—it did increase awareness of these tiny disease-carrying insects. Lyme disease has doubled since 2001, and although cases are clustered in the Northeast, infected ticks have spread to half of US counties, making “tick checks” imperative. Infection is unlikely if ticks are removed immediately, and prognosis is good with prompt treatment. Chronic Lyme disease, unfortunately, is another story. To learn about treatment, visit ilads.org.

Monthly Health Quiz:

Fun in the Sun: True or False

- A) Supplemental astaxanthin protects against sunburn.
- B) Several common drugs increase sun sensitivity.
- C) Ibuprofen and other NSAIDs relieve sunburn pain.
- D) High-dose vitamin D reduces redness and inflammation.

Answer:

All are true. The suggested dosage of astaxanthin is 2 mg twice a day. Drugs that increase risk of sunburn include antibiotics, tretinoin (topical for acne/wrinkles), tricyclic antidepressants, ACE inhibitors, some diuretics, and NSAIDs (which do relieve pain). The dose of vitamin D shown to help sunburn is 200,000 IU—very high but safe for occasional use.



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Independence Day Quote

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”
— Declaration of Independence, July 4, 1776

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

Ancient Herbs for Modern Times

Ayurveda is one of the world's oldest systems of medicine, dating back more than 3,500 years. A central concept is that each of us has a unique constitution (*prakriti*), which is determined by our relative balance of three *doshas* (energies or life forces). Treatments, which include herbs, diet, exercise, and other therapies, are not one-size-fits-all but customized, based on one's individual makeup.

The majority of people in India and neighboring countries still rely on Ayurveda, often supplemented with Western medicine. Some Ayurvedic practices such as yoga and meditation are increasingly popular in the United States, and a handful of Ayurvedic herbs have also gained a following. I've used several of these herbs in my medical practice and was so impressed with the results and the growing body of research that I've incorporated some of them into my nutritional formulas.

Turmeric: Pain and Brain

It probably doesn't surprise you that turmeric (*Curcuma Longa*) tops my list. I have been writing about the benefits of "the golden spice" and its active constituent curcumin long before it became a health food store staple. One of nature's premier anti-inflammatories and antioxidants, curcumin has been shown in clinical trials to reduce pain and improve inflammatory conditions such as osteo- and rheumatoid arthritis, ulcerative colitis, and allergies.

But that's not all. Turmeric and curcumin also benefit the brain. I have always been intrigued by India's lower incidence of Alzheimer's disease, which is believed to be due, at least in part, to their turmeric-rich diet. This makes sense, since excessive inflammation is a factor in Alzheimer's and other brain disorders.

A placebo-controlled study conducted this year by UCLA researchers found that study volunteers with mild memory problems who took a curcumin supplement daily for 18 months had marked improvements in memory, attention, and depression. Remarkably, before-and-after PET scans revealed lower levels of beta-amyloid and tau, the toxic proteins that are a

hallmark of Alzheimer's. It is premature to say that curcumin may be our best hope for preventing this devastating disease, but given the poor performance of pharmaceuticals, it is certainly a contender.

Chill Out with Ashwagandha

Ayurveda emphasizes the mind-body connection—a connection all too often overlooked in Western medicine.

Chronic stress affects multiple aspects of health, and to counter it Ayurvedic doctors use multiple modalities, including meditation, yoga, massage, and herbs.

One of the most popular Ayurvedic herbs is ashwagandha (*Withania somnifera*). Like ginseng in traditional Chinese medicine, ashwagandha is an adaptogen, meaning it helps the body adapt to physical, mental, and emotional stress. Because it modulates GABA, a calming neurotransmitter, and reduces levels of the stress hormone cortisol, ashwagandha is particularly good at reducing anxiety.

Early research suggests that ashwagandha also improves sleep, energy, physical performance, memory, depression, and immune function. It even relieves joint pain. Study participants with knee pain who took 250 mg of a standardized ashwagandha extract (Sensoril) daily for 12 weeks had marked reductions in pain, stiffness, and swelling.

Ginger for GI Upset

Ginger (*Zingiber officinale*) is native to India and has an honored place in Ayurvedic medicine. Practitioners use both fresh and dried ginger to warm the body, improve digestion and circulation, and treat colds, coughs, and pain. Although it is best known as a culinary spice—the pungent, spicy flavor of ginger's rhizomes (roots) has made it a favorite of cooks all over the world—this herb is also renowned for its ability to prevent nausea.

Studies demonstrate that nausea and vomiting related to seasickness, motion sickness, chemotherapy, and surgery are all helped by ginger. But it has garnered the most attention as an effective means of staving off morning sickness, which affects seven in 10 women in early pregnancy. Although this natural

My Recommendations

- ▶ Suggested dosages of Ayurvedic herbs vary, depending on the product's form and concentration. Use as directed.
- ▶ Curcumin is poorly absorbed, so look for "enhanced" curcumin compounds such as Meriva and Longvida.
- ▶ For nausea prevention, the recommended dose is 1,000 mg of dried encapsulated ginger or 1 teaspoon of freshly grated ginger.
- ▶ The FDA has warned that excessive levels of lead, mercury, and arsenic have been found in some Ayurvedic supplements. Buy only from reputable manufacturers.

remedy has been widely adopted and lauded, some doctors question its safety.

A recent report should put their minds at ease. French researchers did a thorough analysis of all the published studies on the safety and effectiveness of ginger during early pregnancy. They concluded, "...results show a significant decrease in nausea and vomiting and no risk for the mother or her future baby."

The Wisdom of Ayurveda

Other Ayurveda herbs are also gaining traction. Holy basil or tulsi (*Ocimum tenuiflorum*) and amla (*Emblica officinalis*) both have adaptogenic properties and are used for general health, vitality, and longevity.

Boswellia, derived from the resin of a tree (*Boswellia serrata*, called Indian frankincense because the resin is also burned as incense), is recognized as an effective therapy for arthritic inflammation and pain. Boswellia also has a special synergy with curcumin, and when the two are taken together, a 2018 study suggests, pain-relieving benefits are amplified.

Tribulus terrestris is promoted as a male sexual enhancer. Although I cannot substantiate the claim that it has much of an effect on testosterone, a recent placebo-controlled clinical trial showed that men with mild to moderate erectile dysfunction who took a

tribulus supplement (Tribestan) daily for 12 weeks had improvements in erectile function, libido, and overall satisfaction. Tribulus is certainly not "nature's Viagra," but it may be worth a try.

This decidedly Western overview of Ayurvedic herbs is based on recent clinical research published in peer-reviewed medical journals, rather than the personalized treatments of classical Ayurveda. There is much more to be learned from the wisdom and experience of this and other traditional schools of medicine—the uniqueness of each individual, the importance of treating the mind as well as the body, and the benefits of natural therapies over pharmaceuticals.

After all, there is a reason Ayurveda has endured for thousands of years.

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Ayurveda: What Is Your Type?

Ayurveda emphasizes individuality, based on the unique balance of the three main doshas (energy/personality) types. Although everyone has some characteristics of vata, pitta, and kapha, one or two generally dominate, and Ayurvedic doctors use this to guide their treatment plans. This chart is just for fun—and to make you more aware of Ayurveda.

Dosha	Vata (Air and Ether)	Pitta (Fire and Water)	Kapha (Water and Earth)
Body Type	Thin, lanky, taller or shorter than average	Medium build and size	Large, stocky, may be very tall or short
Skin and Hair	Dry, thin skin and hair	Light, sensitive skin, normal to fine hair	Thick, normal to oily skin and hair
Mental/Emotional	Very active mind, open, tolerant, lively, energetic but sporadic	Smart, focused, quick temper, competitive, ambitious	Easy-going, patient, grounded, resistant to change
Environment	Very sensitive to cold and wind	Sensitive to heat, burns easily	Intolerant of cold and damp
Sleep	Light and restless	Light but good, may overheat during sleep	Heavy, may oversleep
Appetite	Irregular, may forget to eat	Robust, never misses a meal	Average but gains weight easily
Balanced	Imaginative, creative, spiritual, artistic	Intelligent, focused, purposeful, passionate	Calm, reflective, patient, nurturing
Imbalanced	Anxious, fearful, scattered, worried; prone to anxiety, heart disease, arthritis, insomnia, constipation	Judgmental, angry, jealous, controlling; prone to infections, skin/digestive issues, hypertension	Inflexible, envious, unforgiving, lazy, insecure; prone to obesity, diabetes, allergies, asthma

Innovations in Wellness Medicine

Pycnogenol for Flight-Related Edema and DVT

Anyone who flies knows that airline seats are getting smaller. The average pitch in coach has decreased from 35 to 31 inches and width from 18 to 16.5 inches, prompting the FAA to review the health and safety implications. The health issues most often cited are blood clots (deep vein thrombosis or DVT) and edema (swelling), which can affect the lower legs during long periods of immobility. Recommendations for reducing risk include stretching, uncrossing your legs, walking around at least every hour, drinking lots of water—and taking Pycnogenol.

In a 2018 study, Italian researchers randomly assigned 295 travelers who were taking long (8+ hours) economy-class trips to either wear compression stockings (which also help prevent edema and clots) or take 150 mg of Pycnogenol for three days before and three days after the flights. A control group received no preventive treatment. Pycnogenol came out on top. Ultrasounds revealed improvements in edema, and one-third as many participants taking Pycnogenol had leg pain. They also reported less fatigue and jet lag. To learn more about Pycnogenol, a natural anti-inflammatory and antioxidant that is supported by hundreds of clinical trials for a variety of conditions, visit drwhitaker.com.

Mediterranean Diet for Reflux Disease

Heartburn and indigestion are caused by reflux of stomach acids into the esophagus (gastroesophageal reflux disease, or GERD). But did you know that reflux also affects the throat? Laryngopharyngeal reflux (LPR) occurs when the digestive enzyme pepsin backs up into the throat and causes irritation, hoarseness, cough, and trouble swallowing. The usual treatment is acid-reducing proton pump inhibitors (PPIs, such as Prevacid and Nexium), which relieve symptoms—but increase the risk of colds, flu, *C. difficile* infection, vitamin B12 deficiency, heart attacks, kidney disease, fractures, and dementia.

Fortunately, there's a safe, natural alternative that works every bit as well as drugs. Researchers compared the outcomes of patients with LPR who were treated with Nexium or another PPI versus those treated with a plant-based Mediterranean diet plus mineral-rich alkaline water. After six weeks, both groups had similar improvements, leading the researchers to conclude, "This approach... could avoid the costs and adverse effects of pharmacological intervention as well as afford the additional health benefits associated with a healthy, plant-based diet." If you're dealing with GERD or LPR, give diet changes a try.

Did You Know?

- Medical errors and death rates in teaching hospitals increase in July, when inexperienced new doctors begin internships.
- Radio is the most popular media, reaching 93% of Americans compared to TV's 88%.
- Hawaii has the longest life expectancy at 81.3 years; Mississippi has the lowest at 74.7 years.
- A 2018 study found that the higher the blood sugar level, the faster the decline in cognitive function.
- One in six women with cancer in one breast opt for double mastectomy, which rarely has any advantages over lumpectomy.
- A popular shoulder surgery (subacromial decompression) was shown to work no better than sham/placebo surgery.
- Drinking a glass of milk when eating garlic reduces the sulfur compounds that cause garlic breath.
- Optimizing vitamin D status with supplements improves symptoms of irritable bowel syndrome.
- Obesity/overweight increase risk of 13 types of cancer—40% of all cancers in the US.
- Malaria infects 212 million people and is becoming increasingly drug resistant.
- Sixty-four percent of US households are Amazon Prime members.
- Americans eat more shrimp than any other seafood.

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