

Health & Healing®

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE



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Could It Be Something You Ate?

Do you have unexplained flushing or itching? Have you ever broken out in a rash or hives? How about nasal discharge, congestion, or coughing unrelated to a cold or hay fever? Indigestion, gas, diarrhea, or other symptoms you just can't get a handle on?

It may be a reaction to something you ate. A 2019 survey involving 40,443 men and women suggests that more than 10 percent of US adults have an allergy to one or more foods. Many had allergies as children and never outgrew them, but more than half developed them after age 18. Furthermore, 38 percent had reactions serious enough to send them to an emergency room.

Although nearly one in five survey respondents believed they had food allergies, the researchers concluded, based on reported reactions, about half did not have true allergies. But that doesn't mean their symptoms are not diet related. Intolerance or hypersensitivity is an exceptionally common, yet overlooked, cause of chronic health problems.

Allergy or Intolerance?

Allergies occur when the immune system mistakenly identifies a harmless protein (allergen) as

a hazardous invader and produces antibodies called immunoglobulin E (IgE) that attach to mast cells, a type of white blood cell located in the skin, nose, throat, and respiratory and digestive tracts.

When the allergen is encountered again, these IgE antibodies trigger the mast cells to release histamine

and other compounds that contract smooth muscles, dilate blood vessels, and inflame local tissues. Symptoms, which come on rapidly and range from mild to severe, include itching, swelling, hives, wheezing, mucus production, nausea, and vomiting. The most serious, potentially fatal reaction is anaphylaxis, marked by a drop in blood pressure, airway narrowing, and breathing difficulties that must be treated immediately with an injection of epinephrine.

Varying degrees of this same reaction occur whether the allergen is a food, bee sting, pollen, or a skin irritant. All are IgE mediated—and if you have

one allergy, you're more likely to develop others.

Intolerances Are Often Hidden

Food intolerances or sensitivities, on the other hand, have a variety of causes and symptoms.

The bloating, gas, and cramping of lactose intolerance, for example, are due to an inherited

continued on page 3

Common Food Triggers

ALLERGIES	INTOLERANCES
Peanuts	Lactose
Shellfish	Gluten
Tree nuts	Eggs
Fish	Additives
Dairy	FODMAPS
Eggs	Sugars
Wheat	Caffeine
Soy	Alcohol

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Health & Healing

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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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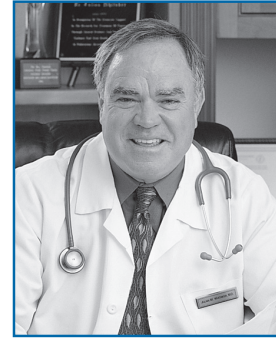
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Dear Reader,

Have you ever lied to your doctor? Fibbed about your diet, exercise, or medications? Pretended to understand or agree with recommendations when you really didn't? Join the crowd.

According to a recent survey of 4,510 Americans, 81 percent of younger and 61 percent of older respondents (average ages 36 and 61, respectively) fessed up to having "avoided disclosing information" to their physicians. The most common reasons were not wanting to be judged or lectured, not wanting to hear how harmful their behavior is, and feeling embarrassed.



Julian Whitaker, MD
 America's Wellness Doctor

Physician reactions to this survey, which appeared in a JAMA journal, included surprise that patients would withhold information to avoid embarrassment. I'm surprised that they're surprised. It's human nature to want others to think well of us. Patients know what their doctors don't approve of, and nobody likes to be lectured or to feel stupid.

That's why they may stretch the truth about things like diet, exercise, alcohol, smoking, and medication compliance. They also often fail to mention nutritional supplements. I cannot tell you how many of my patients were told by their primary care physicians, in a dismissive and disrespectful manner, that they're wasting their money on supplements.

Although I get why patients sometimes fudge the facts, open and honest communication is important. Stretching the truth about your bad health habits doesn't make them go away, and your doctor may be able to provide assistance and motivation. Understanding specific details on medications (dosages, side effects, etc.) is essential. Ask, and consider recording your discussions so you can review them later. Finally, don't be afraid or embarrassed to disagree with your doctor. Be polite, of course, but ask for supportive research as well as alternative recommendations.

The doctor-patient relationship is an integral part of the healing process. It's a shame that it's been disrupted by HMOs, insurers, government regulations, and bureaucratic micromanagement that mandate shorter visits, mountains of paperwork, and inflexibility in selecting doctors. And it's not only patients who bear the brunt—doctors don't like it either.

A trusting, nonjudgmental connection not only makes patients more forthcoming, but also improves health outcomes. Do your best to establish a good relationship with your doctor, but if you can't, look for a new one.

To your health,

deficiency of lactase, the enzyme that breaks down the sugars in milk. Although reactions to gluten may be due to an IgE-mediated allergy or to celiac disease, non-celiac gluten sensitivity causes digestive problems, fatigue, brain fog, headaches, joint pain, and more.

Some people are sensitive to caffeine or alcohol and others to preservatives, dyes, artificial flavorings, and other food additives. Sulfites in wine and dried fruit can trigger asthma attacks, and MSG may cause flushing, headache, and palpitations. Dietary histamines, which are abundant in aged cheese and fermented foods, can provoke allergic-like reactions, and nightshades (tomatoes, peppers, potatoes, eggplant) may be associated with arthritis flare-ups.

Beans, bread, cereals, fructose, dairy, apples, watermelon, peas, onions, and a number of other foods contain FODMAPS (fermentable oligo-, di-, mono-saccharides and polyols), short-chain carbohydrates that are poorly absorbed in the small intestine. As they pass through the large intestine, they are fermented by bacteria, which can cause gas, bloating, pain, and diarrhea, especially in sensitive individuals with irritable bowel syndrome.

Links have been identified between food intolerances and migraines, gallbladder disease, fatigue, joint pain, sinus problems, ADHD, skin conditions, digestive disorders, and other chronic conditions. But because symptoms are so diverse and reactions are often delayed, they often remain hidden.

Testing and Treatment

Skin-prick, scratch, and IgE antibody tests can identify food allergies. The only treatment for IgE-mediated allergies is strict avoidance—and keeping an EpiPen handy for serious reactions.

Allergy tests are unreliable for pinpointing food intolerances, and I don't have much confidence in blood panels that test for sensitivities to a wide range of foods. The most effective diagnostic is an elimination diet. For at least three weeks, avoid all the common problematic foods (see page 1 chart), plus others you suspect. You'll probably notice marked improvements within that time. Then start reintroducing foods, a new one every day or two. If an item triggers symptoms, voila!

Avoidance of problem foods is also the name of the game for intolerances, but unlike allergies, many foods can be reintroduced after several months, as long as you do it slowly, observe symptoms carefully, and don't go overboard lest sensitivity returns.

For allergies and intolerances, I recommend eating as clean a diet as possible. We've seen unprecedented changes in our food supply in recent decades. Pesticides and toxins, GMOs and new breeds of wheat and other crops, thousands of additives, and a flood of processed foods are bound to affect our bodies in unforeseen ways.

You also need to nurture your gut bacteria. A large percentage of immune cells reside in the intestinal lining, and this is where they “learn” what to

tolerate and what to attack. Many experts link the significant rise in food allergies to today's high rates of C-sections, reduced breastfeeding, emphasis on cleanliness, overuse of antibiotics, and poor diets, which adversely affect gut bacteria and interfere with the education of the immune system. Supplemental probiotics and prebiotics as well as dietary fiber and fermented foods help maintain microbial diversity and enhance intestinal and overall health. Digestive enzymes may also help in some cases, such as lactase (Lactaid) for lactose intolerance.

Well Worth the Effort

Figuring out if your health problems are food related takes time and focus, but the payoff is priceless. Pat's arthritis pain and inflammation improved after eliminating tomatoes and other nightshades. Bob's migraines were controlled after he figured out that bread and milk triggered his headaches.

Subscriber D.K. wrote, “For most of the past 30 years, I've suffered from the debilitating effects of fibromyalgia. For many years I was disbelieved, misdiagnosed, and ineffectively treated. I began doing my own research, and it changed my whole paradigm. The key for me was a gluten-free diet. It turned my symptoms around. By the way, my doctor still doesn't believe me!”

Reference

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My Recommendations

- ▶ If you suspect a food allergy, get tested.
- ▶ An elimination diet is a great tool for identifying food intolerances. Several websites and books such as *The Whole30* offer specific guidelines, as do nutrition-minded doctors. Visit ACAM.org.
- ▶ Dietary avoidance is imperative for food allergies and intolerances. Probiotics, prebiotics, dietary fiber, and fermented foods enhance gut and immune health.

Dear Dr. Whitaker

Q *I never worried about my cholesterol because my HDL is 98 and I was told that it protected against heart disease. Now, I have heard that high HDL is a bad thing. I am confused and concerned.*

— June H., Massachusetts

A I wouldn't worry about it. You probably heard about a 2017 Danish study which found that extremely high HDL (high-density lipoprotein) cholesterol was associated with a twofold increased risk of death in men and a 68 percent increase in women. The key words here are extremely high. Risk applied to men with HDL levels above 97 and women above 135—and only 2.3 percent of men and 0.3 percent of women had levels that high. The lowest death rates were in men/women with HDL levels of 73/93; levels below 39 were linked with increased risk. Until additional research proves otherwise, HDL is still considered to be protective, as it transports LDL cholesterol away from the arteries to the liver for elimination. Consider your high HDL level a good thing.

Q *Are you familiar with tongkat ali and would you recommend it? I am interested in it because I have read that it improves erections, and generic Viagra costs me more than \$30 a pill.* — Anonymous, via email

A The jury is still out on tongkat ali (*Eurycoma longifolia*), a botanical native to Southeast Asia. It has a reputation as an aphrodisiac, and published research, mostly involving animals but some human

studies, suggests modest benefits for low libido, erectile dysfunction, and male infertility. If you want to try it, look for a product that contains LJ100, a standardized extract that was used in several of the clinical trials. The recommended dosage of LJ100 is 200 mg per day. Be aware that many sex enhancers are overhyped—there is no such thing as “natural Viagra”—and some are spiked with drugs.

Q *I am beginning to work out again after slacking off for several years. What do you think about creatine? It used to be all the rage at the gym. Does it really help with muscle building?* — William B., California

A Creatine is still the most popular supplement for athletes and it really does work. Naturally produced in the body and concentrated in the muscles, creatine helps generate energy by recycling ATP. Intense exercise exhausts creatine stores, and supplements replenish them, giving muscles the energy needed to work out longer and harder. It is one of the best-researched nutritional supplements, and most of the studies report positive results. In addition to improving exercise performance, which leads to greater gains in strength and muscle mass, creatine enhances recovery and helps prevent injuries. It also has proven benefits for the treatment of neurodegenerative diseases such as Parkinson's, muscular dystrophy, and ALS. The most effective and affordable form is creatine monohydrate. Dosages are weight dependent and a higher “loading dose” is generally recommended. Use as directed.



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

New Online: Splish Splash: Benefits of Hot Baths

I'm a shower person myself, but people who love baths extol their ability to promote relaxation, reduce stress, soothe tight muscles and sore joints, and facilitate sleep. But did you know hot baths also improve blood sugar, inflammation, and cardiovascular health—and even burn calories?

British researchers found that “passive heating” (soaking in warm water for an hour) produced many of the same benefits as exercise (cycling at a moderate clip for an hour). Both raised body temperature and nitric oxide levels and reduced blood sugar and inflammation to a similar degree. Bathing also burned calories—not as many as cycling but a respectable 140, which is about the same as a half-hour walk. Other studies have shown that soaking in hot water or sitting in saunas improves circulation, blood pressure, and risk of heart attack and stroke. And a 2018 clinical trial found that two weeks of “hot water immersion” lowered blood sugar, insulin, and inflammation in overweight, sedentary individuals, leading researchers to propose it as a tool for improving glucose metabolism. I'm not saying hot baths can take the place of exercise, but I do encourage you to soak up these bountiful benefits.



Works for Me...

► Restless Leg Syndrome (RLS)

I have tried the Restiffic device for RLS, and I can verify that it does work. However, it was too cumbersome, hot, and uncomfortable. What has worked well for me is balling up a small sock, placing it behind the first metatarsal joint [big toe] in the arch of the foot, and tightly applying an ace wrap. I prefer to use it preventively when going to bed but it also works with active RLS symptoms. I usually apply it to both feet as I am never sure which will act up. Caution needs to be taken if used for patients with diabetes, peripheral vascular disease, neuropathy, etc. This is the only thing I have ever found that really works. Pass this along if you feel it is worthwhile. Best regards. — John F., MD, Colorado

Restiffic is a special foot wrap that puts pressure on muscles in the foot. A clinical trial found that it reduced and, in some cases eliminated, RLS symptoms. Thanks, Dr. F., for this inexpensive do-it-yourself solution.

► **Back Pain** *I had been waking up with pain in my lower back almost every morning. I assumed it was related to my workouts, so I mentioned it to a trainer at the gym. He asked me if I slept on my side, which I do most of the time, and if I splayed my legs. He said that puts strain on the lower back because the spine rotates forward and suggested stacking the knees, which keeps the spine straighter. He said putting a pillow between the knees might also help. I made a conscious effort to stack my knees, and it made a big difference. (I did not use an extra pillow.) Now I rarely wake up with back pain. — Harold B., Virginia*

► **Digestion** *Whenever I overeat, especially big holiday meals or fatty foods like barbecue, and feel uncomfortably full, I chew a few lecithin tablets. I was told that they emulsify fats and improve digestion. This always seems to do the trick for me. — B.H., Texas*

Lecithin has also been shown to lower cholesterol, plus it contains phosphatidylserine and phosphatidylcholine, which benefit the brain.

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

Health Hack: Eat, Drink, and Take a Hike

Want to squeeze more benefits out of exercise in less time? Take a walk after meals. Blood sugar surges after eating, and this spike (postprandial hyperglycemia) poses the greatest risk for developing diabetes and cardiovascular disease. Walking for just 10–15 minutes after eating lowers both postprandial blood sugar and A1C to a greater degree than exercising for longer stretches at other times. I've always recommended a short, moderately paced walk after meals for my patients with diabetes, but it's a powerful preventive as well. So, eat, drink—and take a hike.

Monthly Health Quiz

The Germiest: Our houses are home to a huge number and dizzying diversity of microbes, most of them harmless. Microbiologists analyzed swabs from 30 household surfaces in 22 homes for potentially harmful coliform bacteria. Which areas do you think had the highest concentrations?



Answer:

Their findings in descending order: sponges/dishrags, kitchen sinks, toothbrush holders, pet bowls, coffee reservoirs, bathroom faucet handles, pet toys, countertops, stove knobs, and cutting boards. Toilet seats didn't even make the top 10.

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Notable Quote

“The great enemy of truth is very often not the lie—deliberate, contrived and dishonest—but the myth—persistent, persuasive and unrealistic....We enjoy the comfort of opinion without the discomfort of thought.”

— John F. Kennedy, 1917–1963,
35th President of the United States

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

Tea Time for Your Health

Most Americans prefer coffee, but tea reigns as the planet's most popular beverage. Worldwide, three cups of tea are drunk for every cup of coffee. Coffee is also a relative newcomer, dating back to the 15th century, whereas 2,100-year-old tea leaves were discovered in the mausoleum of a Han dynasty emperor who ruled in China from 157–141 BC.

Tea comes from *Camellia sinensis*, an evergreen bush native to Asia. White tea is made from the plants' young, unopened buds and unfurled leaves, which are handpicked and air dried, resulting in a delicate, mild tea known for its relaxing properties. Leaves destined for black tea are rolled or cut to release enzymes and promote oxidation. Just as oxidation causes a sliced apple to turn brown, it makes the tea darker and its flavor more robust. Oolong tea undergoes partial oxidation for shorter periods and is then "rolled" to form the leaves into thin strands or tight balls. Pu-erh tea (dark tea) is fermented for several months or even years. Like fine aged wine, it is prized for its complex flavors.

Green tea is processed with heat shortly after harvesting to deactivate oxidation. In addition to preventing the leaves from turning brown, this preserves more epigallocatechin-3-gallate (EGCG) and other catechins, the antioxidants that provide many of tea's health benefits.

Cardiovascular and Cancer Protection

China and Japan have traditionally had remarkably low rates of heart disease, and one likely reason is their love of green tea. Green tea and green tea extracts (concentrated EGCG/catechin supplements) modestly lower LDL cholesterol, but more importantly, they reduce LDL oxidation, a key factor in atherosclerosis. These phytonutrients also boost nitric oxide production, which relaxes the arteries and further protects against cardiovascular disease.

Large population studies have linked drinking five or more cups of green tea a day to a significantly lower risk of heart disease, stroke, and cardiovascular death. Five cups is a lot, but don't let that discourage you. A review of clinical trials involving 259,267

people found that although high consumption conferred the most cardiovascular protection, even one cup per day was better than none.

It's too early to declare green tea as a cancer preventive, but lab, animal, and observational studies suggest protective effects against cancers of the breast,

prostate, liver, ovary, lungs, and, as long as it's not too hot, the esophagus and stomach. ("Burning hot" tea significantly increases this risk.) Again, the more you drink the better. In one large study, Chinese men who drank more than five cups a day had a 21 percent lower risk of death from cancer.



Pounds Lost, Brain Gains, and More

There's a lot of buzz about green tea and fat burning, and extracts are a popular ingredient in weight loss supplements. Caffeine, regardless of its source, helps curb appetite and has a natural thermogenic effect, but it goes beyond caffeine. Studies show that adding 300 mg of EGCG to 200 mg of caffeine burns more calories than caffeine alone—and taking it prior to exercise and before eating increases fat burning both during exercise and for as long as 75 minutes afterwards. Green tea is no magic bullet, but it can be a useful part of a weight loss program.

Tea has positive effects on mood and cognition as well, thanks to the synergy between EGCG, caffeine, and L-theanine, an amino acid that promotes relaxing alpha-wave activity in the brain. This unique combination promotes a calm yet alert and mindful state, as opposed to the more jarring stimulation of coffee. Green tea has been shown in clinical trials to reduce anxiety and enhance cognitive function, and epidemiological research links regular consumption of any kind of tea with a reduced risk of age-related memory decline.

Habitual consumption of green tea is also associated with a reduced risk of hip fracture. It inhibits the buildup of dental plaque, and several mouthwashes include green tea extract as an active ingredient. It helps with acne, especially when applied topically in a 1–5 percent EGCG solution. Green tea extract is also a promising treatment for

uterine fibroids (benign tumors that crop up in the majority of women of childbearing age). And some of the most recent research suggests that it has positive effects on gut bacteria.

Tea Up!

As you can see, you need to drink a lot of tea to reap optimal benefits—a minimum of three cups a day and the more the better. Green tea is quite safe, although pregnant women should go easy on it. There has been some concern about lead and other heavy metals in black tea grown in some areas of China, but recent tests give green tea a clean bill of health.

EGCG levels vary from product to product. Bottled tea has less (and is often sweetened with sugars or artificial chemicals), while concentrations in matcha, a bright green tea powder used in Japanese tea ceremonies, are much higher. In a recent analysis of several brands of green tea leaves and bags, Lipton's Pure Green Tea came out on top based on price and EGCG/catechin concentration after brewing.

Although green tea has less caffeine than coffee, around 40 mg per cup compared to coffee's 100 mg, tea's L-theanine makes for a milder pick-me-up. However, if you want to avoid caffeine altogether, you'll be pleased to know that decaf green tea contains similar levels of EGCG.

If green tea isn't your thing, supplements are a great option. The clinical trials that used green tea supplements supplied an average of 200–300 mg of EGCG per day. A typical cup of brewed green tea contains about 50 mg of EGCG, so supplements are the equivalent of drinking four to six cups. Be aware that extracts are about half EGCG and half other catechins, so read labels carefully for EGCG content. Do not exceed 800 mg daily, as there have been rare reports of liver toxicity with higher doses.

A final word: Although green tea gets all the glory and most of the research, all tea contains EGCG and other catechins, L-theanine, caffeine, and thousands of additional bioactive compounds. So, although I encourage you to drink more green tea, black tea—hot or iced—is also a winner. Bottoms up!

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Coffee, Tea, or Tisane?

Tired of tea? Have a tisane (tih-ZANN). To purists, tea is *Camellia sinensis*—period. Concoctions made by steeping other leaves and herbs in hot water are officially called tisanes. I can't begin to mention all the herbal brews that are available, but here are some of the most popular.

Yerba mate for energy and focus. This South American native, which contains reasonably high amounts of caffeine and other stimulants, has a reputation for boosting energy and focus and, more recently, for suppressing appetite and burning fat.

Peppermint for digestion. Peppermint oil relaxes the smooth muscles of the digestive tract and eases intestinal spasms and cramping. Although peppermint tea isn't as effective as the oil, it is a pleasant and fragrant digestive aid.

Ginger for nausea and pain. In addition to ginger's well-known ability to quell nausea, it is also a potent anti-inflammatory that helps ease aches and pains.

Fenugreek for diabetes. Fenugreek has been shown to improve insulin sensitivity and help lower blood sugar. In some cultures, it is also recommended for new mothers to improve lactation.

Chamomile for sleep. A cup of chamomile tea at bedtime promotes relaxation and facilitates sleep. It is also used to relieve menstrual cramps.

Holy basil (Tulsi) for calming. Revered in Ayurvedic medicine for its broad adaptogenic properties, holy basil is particularly good for relieving stress and anxiety.

...And many more. Sage enhances brain health. Valerian, lemon balm, and passionflower promote relaxation and may help with sleep. Echinacea and elderberry support the immune system. Rose hips are rich in vitamin C, and hibiscus may help lower blood pressure. Rooibos' health benefits aren't well documented, but it is a tasty, caffeine-free alternative to coffee and "real" tea.

Innovations in Wellness Medicine

Fish Oil & Aspirin for Colorectal Cancer Prevention

Colorectal cancer is the third most common cancer in the US and the second leading cause of cancer deaths. It generally starts as adenomas or polyps (abnormal growths on the inner lining of the colon or rectum). If polyps are detected early and removed—the rationale for colonoscopy—they do not become cancerous. However, if they do become malignant and grow into the colon walls, cancer can spread to other parts of the body. Curbing polyp growth is obviously important, and a 2018 study published in *The Lancet* suggests that aspirin and fish oil can help.

More than 700 patients from the UK who were at high risk of colon cancer were assigned to take daily doses of either aspirin (300 mg), omega-3 EPA (2,000 mg), both aspirin and EPA, or a placebo. Repeat colonoscopies after a year revealed that the participants who had taken aspirin, EPA, or both developed significantly fewer polyps, which, the study concluded, is likely to translate into “a clinically meaningful decrease in long-term colorectal cancer risk.” Both aspirin and the fish oil supplement were well-tolerated, and even when taken in combination did not increase bleeding risk.

CoQ10 & Selenium for Enduring Cardiovascular Protection

Scores of studies have confirmed the cardiovascular benefits of coenzyme Q10 and selenium, but there's a new study that does them a one-up. Beginning in 2003, 443 healthy older Swedish people, average age 78, were enrolled in a clinical trial that required them to take 200 mg of CoQ10 (ubiquinone) and 200 mcg of selenium or a placebo every day for four years. Years after that study ended, their medical records, death records, and autopsy results were evaluated.

As you would expect based on the participants' age, there were a number of cardiovascular deaths. However, there were 40 percent fewer deaths in the group that had taken CoQ10 and selenium (28 percent versus 39 percent in the placebo group)—and this included people who had developed hypertension, heart disease, impaired cardiac function, and diabetes.

The researchers make it clear that this is not a definitive study, and they recommend repeat studies with more participants. Nevertheless, I find it encouraging that taking CoQ10 and selenium—which improve inflammation, oxidative stress, and mitochondrial function—for just four years could provide benefits for years to come.

Did You Know?

- A review of random clinic visits found that doctors interrupted patients an average of 11 seconds after asking why they'd come.
- A UK study reveals that nearly 10 percent of patients taking metformin have a vitamin B12 deficiency.
- A 64-year-old from Wisconsin made the Guinness World Records for consuming his 30,000th Big Mac.
- Chronic kidney disease is increasing faster than all other noninfectious diseases, likely due to rises in obesity-related hypertension and diabetes.
- Although Parmigiano Reggiano (Parmesan) cheese is a dairy product, it is lactose-free.
- The most expensive tea is exceptionally rare da-hong pao, which has sold for as much as \$1.2 million per kilo.
- Insulin costs up to eight times more in the US than in Canada.
- Adding milk to tea does not, as often reported, negate its health benefits.
- The average bath uses 25–45 gallons of water compared to a shower's 2–2.5 gallons per minute.
- One in three dogs in the US are given supplements, the most popular being glucosamine, fish oil, antioxidants, and probiotics.
- Over half of meals made at home are planned less than an hour before they are cooked.
- Blockchain, the technology underlying Bitcoin, is being used to track and improve efficiency, safety, and transparency in food production.

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