

Health & Healing®

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE



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The Farewell Issue

Health & Healing is coming to an end. After more than 28 years, 329 monthly issues, and scores of special reports, this is the last newsletter.

It's been a great run, one I never dreamed possible when the first newsletter mailed in August 1991. The publisher had hoped to eventually reach a circulation of 30,000, but within a year we had nearly 500,000 subscribers. All told, more than 2.6 million households have subscribed to *Health & Healing*.

I'd like to take credit for my brilliant writing, and my contrarian stance and style probably had something to do with it. But the time was ripe. People were disgruntled with conventional medicine. HMOs were taking over, insurance premiums were rising, and despite much-touted advances in medicine, they weren't really helping with diabetes, arthritis, cancer, and other chronic health challenges.

At the same time, there was heightened awareness of the downside of medications and increasing interest in nutrition, supplements, and alternative therapies. People wanted to be educated, engaged participants in their own health care, rather than handing the reins over to doctors. They were seeking information they didn't get from their physicians or from mainstream media. *Health & Healing* stepped into that void.

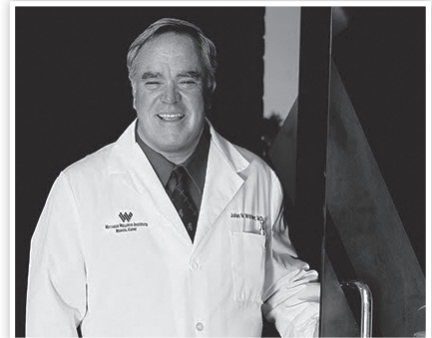
First Issue Set the Tone



First issue of *Health & Healing*

In the first newsletter, I wrote about a patient who had undergone triple bypass surgery. Ten years later, his chest pain returned with a vengeance, and another bypass was recommended. As a last resort, he came to Whitaker Wellness, and I started him on a supplement program, a diet and exercise regimen, and EDTA chelation. Seven months later, he

climbed to the top of the Statue of Liberty. I shared research on the minimal benefits and serious dangers of bypass surgery as well as studies supporting the program I recommended. The issue ended with an article titled, "It's Time to Restore Medical Freedom for Americans."



We've updated the look and feel of the newsletter over the years, but that initial issue established a format and tone we've followed ever since: pointing out the pitfalls of popular medical treatments, providing scientific data on the benefits of alternative therapies for common conditions, and speaking out against injustices in the medical establishment.

Looking back on 28 years of *Health & Healing*, I'm proud of the depth and breadth of the topics we've covered, the supplements and alternative therapies we've introduced and supported, the causes we've championed—and the stories from subscribers about how the newsletter has helped them improve their health.

End of an Era—But I'm Still Here

All things must come to an end, and this is *Health & Healing's* time. As more and more people turn to the internet for information, print media is in freefall. Thousands of newspapers and periodicals that had been around for decades are gone. Although the newsletter will no longer be published, I'm not going away. You can still read past issues of *Health & Healing* as well as blogs and new posts on my website, drwhitaker.com.

Nevertheless, this final print newsletter is the end of an era. I thank you for your loyalty and for allowing me into your home every month. I will miss our visits and hope we can continue them in cyberspace.

Highlights from *Health & Healing*: Breakthrough Therapies

My primary mission from day one has been to empower readers by providing research-based information on the most effective supplements, diet and exercise strategies, and alternative therapies for common health challenges. Let's look at some of the highlights.

Alternative Therapies Going Mainstream

Treating patients day in and day out for nearly 40 years has been a huge asset in writing the newsletter. I could see firsthand what works and what doesn't—and because Whitaker Wellness was my own clinic, we were free of many of the usual constraints. Our doctors could spend more time with patients, we didn't have to follow “cookbook medicine” (e.g., this drug for that symptom), and I was able to bring in therapies that have since gained broader acceptance.

Whitaker Wellness was one of the first clinics in the US to adopt **enhanced external counterpulsation**, a noninvasive “natural bypass” that relieves angina and other symptoms of heart disease. EECp is now offered at most major clinics and hospitals. **Hyperbaric oxygen therapy**, a terrific treatment for stroke and other brain injuries and for infected, non-healing wounds, is also making inroads.

Platelet-rich plasma, **stem cell therapy**, **high-intensity laser**, **infrared light**, and **prolotherapy**, which have been enthusiastically embraced by professional athletes whose livelihood depends on quick recovery, are helping more and more patients with arthritic joints and aching backs. Intravenous therapies such as **high-dose IV vitamin C** for cancer and infections and **IV vitamins and minerals** for overall nutritional support are also slowly gaining a following.

My Own Guinea Pig

Most of the therapies I've written about in *Health & Healing* stem from both clinical and personal experience. Long before we brought hyperbaric oxygen into the clinic, I jury-rigged my own “hyperbaric chamber” by breathing 100 percent oxygen from a scuba tank at the bottom of my swimming pool.

I discovered the benefits of **DMSO**, which effectively relieves pain when rubbed on sore muscles and tendons, during my years of running marathons. Ever since I figured out I had sleep apnea and started using a **CPAP** machine nearly 20 years ago, I have been an avid promoter of testing and treatment.

I became a fan of **testosterone therapy** only after trying it myself and road-tested virtually all of supplements I've introduced in the newsletter.

You Heard It Here First

Of course, I've also made a point of staying on top of the medical literature, interviewing innovative doctors and researchers, and attending medical conferences. This allowed me to bring news to *Health & Healing* readers while it was still news.

We talked about **gluten sensitivity** and **food allergies** before they became household words. The adverse effects of **trans fats**, **artificial sweeteners**, **fructose and other sugars**; and the benefits of **coffee**, **green tea**, **xylitol**, **stevia**, **flaxseed**, **vinegar**, **eggs**, and **soy**; and the absurdly **low sodium guidelines** were discussed early on. We've covered most of the popular diets as they've come along over the past 28 years, from **low fat**, **high carb**, and **vegetarian** to **low glycemic**, **Paleo**, **Mediterranean**, **keto**, and **gluten free**. Because obesity is such a weighty issue, we've looked at the pros and cons of numerous weight loss programs, including intermittent fasting, which I wrote about (*The Mini-Fast Diet*) years before it was recognized as one of the most effective approaches. And I've repeatedly recommended exercise as a powerful medical therapy.



“I've lost 116 pounds, my blood sugar is lower than it was when I was on insulin, and I have lots of energy. I am forever grateful to Dr. Whitaker and his staff.”

— Kent Moore



Coco Guardado was treated with hyperbaric oxygen and IV nutrients for Parkinson's disease. “I haven't used a walker or a cane for months. I'm even dancing again!”

A Focus on Supplements

Many of today's best-selling supplements were unheard of when we first addressed them in the newsletter. Sure, there were multivitamins, but most of them contained only the meager RDAs. In fact, the reason I formulated Forward, my **high-dose multivitamin and mineral supplement**, back in the 1980s was because my patients complained about having to buy a dozen separate supplements to get the therapeutic levels of vitamins and minerals I recommended.

Other nutritional ingredients that are old school today but were new or unfamiliar at the time include **saw palmetto** for prostate health, **cranberry** for the urinary tract, **alpha lipoic acid** for neuropathy and liver disease, **glucosamine** for arthritis, **creatine** for muscle building and frailty, and **coenzyme Q10**, **carnitine**, **fish oil**, and **magnesium** for cardiovascular disease. **Probiotics** are everywhere today, but not that long ago they hardly registered on anyone's radar. Same with **berberine**, **curcumin**, **resveratrol**, **lutein**, **pycnogenol**, **vitamin K**, **L-theanine**, **SAMe**, **ribose**, **selenium**, **chromium picolinate**, **astaxanthin**, **choline**, **ashwagandha**, **benfotiamine**, **strontium**, **bacopa**, **huperzine A**, **low-dose lithium**, and **L-serine**.

You read about high doses of **lutein and other carotenoids and antioxidants** for the eyes a decade before the AREDS study made them a standard recommendation. When I began writing about the benefits of higher doses of **vitamin D**, there were scary warnings about the dangers of taking more than the RDA of 200 IU for most adults. Now that RDA has been tripled, and supplements containing 2,000+ IU are common. We broadcast the importance of **folic acid** for preventing neural tube birth defects before food fortification began in 1998. Today folic acid supplementation is recommended for all women of childbearing age. **Berberine** was so hard to come by when I first read about its remarkable benefits that I had to have it specially made. Now it's a top supplement for blood sugar control.

Solutions That Endure

Drugs come and go, and I predict that within the next 28 years, most of the current crop will be replaced by safer, more effective treatments. However, I can say with confidence that the therapies I've recommended in *Health & Healing* will endure. Unlike drugs, which suppress, block, or speed up physiological functions, vitamins, minerals, phytonutrients, and other natural compounds simply tap into and support our innate healing potential by providing substances the human body requires for optimal function. And those basic physiological needs will never change.



"One of the things I learned from you was the importance of nutritional supplements. Some of us were worried about taking all these supplements, so you said, 'I'm going to show you how to take 25 pills all at once.' And you did! Now, that made a lasting impression." — James Felter

A Few of My Favorite Things

Multivitamins: The vast majority of Americans fail to get the RDAs of one or more crucial nutrients from food alone. A daily multivitamin and mineral supplement—preferably one with above-RDA levels of **antioxidants**, **magnesium**, **B-complex vitamins**, and **other essential nutrients**—helps prevent deficiencies and promote optimal health.

Vitamin D: Although most multis contain the RDA of vitamin D, it is usually not enough to maintain an ideal blood level of this critical vitamin, which supports bone, muscle, immune, cardiovascular, metabolic, and brain health.

Omega-3s: Supplemental fish oil and other sources of omega-3s help correct deficiencies of this essential fatty acid, which are widespread due to low dietary intake. Omega-3s play an important role in the inflammatory response and, in higher doses, help curb pain, reduce triglycerides, improve depression, and prevent memory loss.

Berberine: This botanical extract helps control blood sugar as effectively as popular diabetes drugs. It also reduces cholesterol, discourages weight gain, and improves fatty liver disease—conditions that are common in patients with diabetes.

Curcumin: One of nature's most potent anti-inflammatories, curcumin is a terrific treatment for pain and inflammatory diseases. Bioavailable forms of curcumin are also helpful for depression, memory loss, and other conditions affecting the brain.

Probiotics: Supplemental probiotics and prebiotics, which support the growth of beneficial microorganisms, nurture and protect the gut microbiota, which influences not only digestive health but also immunity, metabolism, weight, and mood.

Coenzyme Q10: Indispensable for patients with heart disease, I also recommend CoQ10, for healthy aging as it is a potent antioxidant and a key player in cellular energy production.



Linus Pauling, two-time Nobel Laureate, vitamin C champion, and one of my heroes.

Works for Me: 28 Years of Subscriber Stories



In 1992, I subscribed to your newsletter. Today, in 2019, I have kept every newsletter from all those years in folders. They have been my treasured "Bible of Medicine." Through the newsletter, I have learned about therapies that I would not have heard about on TV, newspapers, or our medical community! I quit listening to them the day I got my first newsletter nearly 30 years ago. I can never say thank you enough for all the years of help and information. You saved a lot of us. — *Grace L., Texas*

Diabetes Six years ago, I weighed 282 pounds and injected 90 units of insulin daily, monitoring four times per day. I was also diagnosed with congestive heart failure and was terribly depressed. I learned from *Health & Healing* to modify my eating habits and what supplements to take. Today I exercise daily, weigh 180–85 pounds, have normal blood sugar, monitor only once per week, and take no medications. I owe my life to your advice and I look askance at conventional medicine. In fact, I take only supplements—no drugs of any kind. — *Bernard K., Colorado*

High Cholesterol Within six months after I began taking flax seed, my cholesterol fell from 307 to 206, with my HDL rising and LDL dropping. It sure beats Pravachol with all its side effects at over a hundred dollars a prescription. — *Beverly M., Montana*

Prostate Problems I have been taking your prostate health supplement and have noticed a tremendous difference in my ability to sleep at night without numerous trips to the bathroom. — *T.C., email*

Hip Pain I am taking turmeric/curcumin for hip pain and it seems to be doing the trick. Some days I forget I even have a bad hip. This has been the best thing I have ever tried, and I love the fact I am using a spice! — *Jill P., email*

Neuropathy Alpha lipoic acid, 600 mg, has made my terrible neuropathy pain livable. I think otherwise I would be in a wheelchair. Please keep up the good advice for people like me who otherwise might not hear of things like this. — *T.J.T., Ohio*

Non-Healing Wound My wife developed large ulcers on her legs. The first issue we received told us that sugar would help diabetic ulcers that would not heal. We followed your directions and, within months, they had healed completely. Prior to that she had undergone debridement, and the hospital had given her staph and fungal infections. They told her, "Keep your legs elevated or we will have to amputate." After the sugar, the ulcers never came back. — *David W., Utah*

Anxiety and Depression Five years ago, I had so much fear and anxiety I would not get dressed or leave the

house. I could not eat, was down to 94 pounds, and was taking medications that caused me to have suicidal thoughts. You saved my life by mentioning 5-HTP and GABA. It was the turning point in my life, and I am a normal, healthy person again. — *D.E., Virginia*

Metabolic Syndrome Just wanted to share my excellent results with berberine 500 mg three times a day. In four months, my A1C went from 6.4 to 5.2 and my cholesterol went from 225 to 165 with minimal changes in my diet. Thanks! — *Fred W., email*

Low Thyroid You speak the truth about natural thyroid and I am proof. For years and years I was fat, depressed, had no energy, dry skin and hair, and so on. After several years on Synthroid my endocrinologist started me on Armour Thyroid, and I have been healthy and normal ever since. — *Anne A., Florida*

Alcoholism Over the years, I've run 3,000 gallons of hard liquor through my liver and dried out countless times in hospitals and at home. My final bender nearly killed me, and I told myself I must stop drinking at any cost. That's when I began my newsletter subscription and started taking high-potency vitamins and minerals, along with essential fatty acids. The change was astounding! I haven't had a drink in years and don't intend to. — *David S.*

Shingles When I came down with a severe case of shingles, I followed traditional medical treatment but still was having severe pain at night when I received my newsletter recommending high-dose IV vitamin C. I was able to find a local doctor using acam.org and after the first IV treatment, I never had any more pain. It truly was a miracle for me. — *Diane M., email*

High Blood Pressure Last year my blood pressure was 200/150. It came down on drugs, but I developed a dry cough so my cardiologist switched me to another one that caused terrible, choking congestion. I took myself off that drug, reread some of your newsletters, and began to drink low-sodium V8. My blood pressure was the same as it was on the drugs and, best of all, there are no side effects. Today it was 125/77. — *E.L., North Carolina*

Osteoporosis I was diagnosed with osteoporosis three years ago. After following your suggestions (strontium, 5,000 IU of vitamin D3, vitamin K, calcium/magnesium, and LOTS of exercises including weight bearing), my last bone scan was greatly improved. — Lois C., Facebook

Menopause After I had a hysterectomy with ovaries removed (I naively believed them when told I didn't really need them!), I felt like a rubber band stretched to the breaking point as I struggled with balancing my hormones. I tried the patch and several types of pills. None did much good, and I felt that at any given moment I'd burst into tears or a fit of anger. Then I got my hands on Dr. Whitaker's information on natural hormone replacement. I am a different person since that day. I'm so appreciative of all the effort that Dr. Whitaker has put forth to help educate people like myself. — L.K., Kansas

Heartburn/Indigestion I feel Dr. Whitaker's advice via the newsletter has given me a new lease on life. I had "lived" on Tums for years. Then I read an article that suggested the use of DGL [deglycyrrhizinated licorice] for indigestion, heartburn, etc. I've not taken a Tums for many weeks. I feel great and think of this as a miracle. I told a friend about this who was living on Maalox, and now she has no problem. — D.H., California

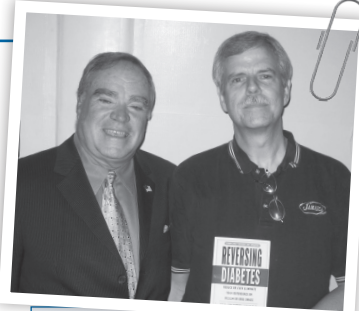
Macular Degeneration When I was diagnosed with macular degeneration, I was told I would be half blind sooner or later. I read your suggestions and started taking supplements to feed my retina. One year later, my doctor was surprised to notice the improvement and called it a "miracle." Today I still drive my car, read, and watch TV. Thank you, Dr. Whitaker, for saving my vision. — J.B., Quebec

Heart Failure Last year, I was hospitalized for congestive heart failure. During the past year, with diet and exercise, I've lost about 80 pounds. I have also been on your multivitamin and take CoQ10 and L-carnitine daily. On a recent trip to Florida to visit my daughter, I walked around Epcot Center with no difficulty—quite an accomplishment, considering that last Christmas I could barely breathe or walk. — Denise H.

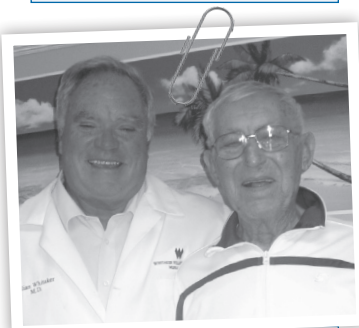
Arthritis Thirty years after I suffered a bad knee injury playing high school football, I began having problems again. My doctor told me I had arthritis with very little cartilage in the knee and recommended surgery, but I refused. After a year of limping around in pain, I consulted a physical therapist, which helped tremendously. Then I read about glucosamine and fish oil in *Health & Healing* and began taking both. With this combination, I've had no pain in two years. I now play volleyball every week, work out at a health club, and even enjoy long-distance cycling. — Ron W., email

Shoulder Pain I am a registered nurse, so I am very familiar with the drugs available for pain. After I fell and injured my left shoulder, I used painkillers to no avail. I began researching my past newsletters and came across an article on DMSO. I was genuinely amazed how immediately my shoulder pain was alleviated. After only three applications the pain was gone. DMSO is now a permanent therapy in my medicine cabinet—I would not be without it. — Deborah B., British Columbia

Asthma My daughter was diagnosed with asthma when she was six years old and was immediately put on steroids, along with an inhaler. Around four years ago, I started receiving *Health & Healing* and learned about magnesium and vitamin C for asthma. I followed your recommendations and slowly took her off the medication. When I took her to the doctor a year and a half ago, he said her lungs were clear. She will be going off to college next year. I can't thank you enough, as many nights I lost sleep worrying that I would lose her to this awful disease. — Nancy J.



Jason Davis lost 100 pounds, reversed his diabetes, and normalized his blood pressure, cholesterol, and liver enzymes.



"I have been taking many of your supplements for several years now. I feel good, look good, and people continue to be amazed when they hear I'm 99 and see how active I am."

— Anthony Barcelona



Billie McGee, out of her wheelchair after hyperbaric oxygen therapy following a stroke

Shining Light on the Dark Side of Medicine

Optimal health requires not only taking measures to improve your well-being but also avoiding things that can hurt you—and that includes a number of common medical practices which, because of the glaring lack of transparency in medicine, many people are unaware of. Therefore, *Health & Healing* has attempted to shine some much-needed light on the dark underbelly of medicine.

Overdiagnosis and Overtreatment

There is too much testing and treatment. Routine cancer screening has resulted in a sharp increase in cancer diagnoses—but much of it is overdiagnosis of small, stable tumors that would never have caused any problems. The real tragedy is that overdiagnosis leads to overtreatment with therapies that can cause serious, irreparable harm.

DEXA bone scans, improper blood pressure testing, and incidental findings on CTs, MRIs, and angiograms also lead to unnecessary interventions. Then there's "disease creep," when risk factors like high cholesterol, prediabetes, and modestly elevated blood pressure are treated as diseases—and millions of essentially healthy people are labeled as sick patients in need of medication. Based on current definitions of disease, 95 million of us have high cholesterol, a third are hypertensive, and one in three has prediabetes.

Unnecessary Surgeries, Dangerous Hospitals

Since the first newsletter, I have warned about the substantial risks and meager benefits of a number of surgical procedures. Dozens of clinical trials demonstrate that bypass, angioplasty, and stents do not reduce risk of heart attack or death for most patients. Cancer surgeries such as double mastectomy and prostatectomy are often unnecessary. Arthroscopic surgery for degenerative knee disease

and most surgical interventions for back pain are no more effective than placebo.

To make matters worse, hospitals are dangerous places. Surgical complications and medication mistakes are responsible for more than 251,000 deaths annually, making them the third leading cause of death in the US.

Beware of Big Pharma

I've railed against the excesses of Big Pharma from the start, and today, most people agree with me. Rising drug costs are a hot button for consumers, and harnessing them a political issue.

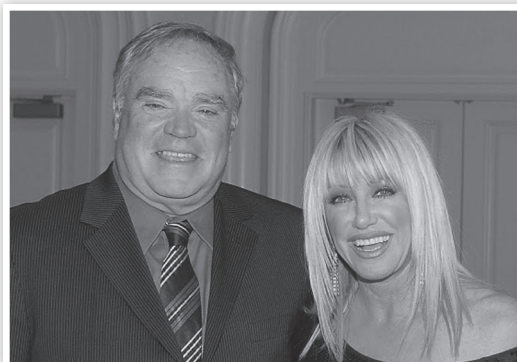
I have also written extensively about serious drug side effects. Cholesterol-lowering statins are associated with fatigue, muscle pain, diabetes, and heart failure. Antidepressants are linked with suicide, aggression, and violence. Anticholinergics increase the risk of dementia. Sleeping pills, PPIs, Ritalin, benzodiazepines, osteoporosis meds...the list of problematic drugs goes on and on. Never forget that prescription medications, used exactly as prescribed, kill a minimum of 128,000 Americans every year.

More Medical Care ≠ Better Health

There's been some pushback against overdiagnosis and overtreatment in recent years. A handful of the drugs we've discussed have been pulled from the market, and warning labels have been strengthened on others. The dangers of opioids, the overuse of antibiotics, and the problem of polypharmacy are now widely acknowledged. Nevertheless, the financial incentives are so lucrative, the risk of malpractice so great, and the dictates of managed care so oppressive that unnecessary testing and treatment persist, and the stench of Big Pharma continues to permeate every corner of medicine.



Connie and I with Kelly Preston and Kirstie Alley, after testifying against the overuse of ADHD drugs in children. I was also interviewed on ABC News, CNN, and other outlets about the adverse effects of antidepressants.



Suzanne Somers, discussing the forward I wrote for her book *Knockout: Interviews with Doctors Who Are Curing Cancer—And How to Prevent Getting It in the First Place*

Fighting the Good Fight, Making a Difference

I became a doctor because I wanted to help patients get well and make a difference in their lives. When I realized early in my career how difficult that was going to be within the confines of conventional medicine, I went out on my own—and quickly discovered the deeply ingrained bias against unconventional therapies, nutritional supplements, and alternative doctors. I was determined to do what I could to fight back. And when *Health & Healing* came along and subscribers turned out to be kindred spirits who were as ticked off and committed as I was, the battle heated up.

Ensuring Access to Supplements

Today you can walk into a store, pick up your phone, or go online and buy high-dose vitamins, herbs, amino acids, and other supplements. Few people remember how it was 30 years ago, when the FDA arbitrarily seized or banned “dangerous” products like CoQ10, stevia, evening primrose oil, and melatonin, and clinics like mine lived in fear of FDA raids.

It took an act of Congress to stop this bureaucratic abuse: the Dietary Supplement Health and Education Act of 1994 (DSHEA). Although our lobbying efforts helped, the real reason it passed is because American citizens—including thousands of *Health & Healing* readers—made their voices heard and wrote more letters to their elected representatives in support of DSHEA than on any other issue in history.

Public pressure also helped keep melatonin and DHEA available without a prescription, allowed manufacturers to list approved health claims on some supplement labels, and brought stevia back on the market after it was banned as an “unsafe food additive.” We must remain vigilant, however. Despite their popularity and long track record of safety, nutritional supplements are still painted as being poorly regulated and potentially dangerous.

Championing Freedom of Choice

We have championed other causes as well. After a groundbreaking clinical trial revealed the dangers of conventional hormone replacement therapy (HRT) and drug sales plummeted, Big Pharma tried to put the squeeze on compounding pharmacies that made safer, better-tolerated bioidentical HRT. In response, we flooded the FDA and Congress with protests. Today, compounding pharmacies are going strong, and conventional physicians have embraced bioidentical HRT.

We’ve also stood up against state medical board harassment of physicians who have been investigated, disciplined, and even had their licenses revoked simply for using unconventional therapies. Not one of them had been accused of harming patients, nor were there any complaints that instigated disciplinary action. On the contrary, patients of these doctors came out in droves to testify in their support.

The most egregious case was Stanislaw Burzynski, MD, who endured years of persecution at his clinic in Houston, where he has treated thousands of patients with antineoplastons, his nontoxic cancer therapy. When he was forced to spend weeks defending himself in a courtroom, *Health & Healing* subscribers donated more than \$700,000 to his legal defense fund, which allowed him to keep his clinic open—and save hundreds more lives.

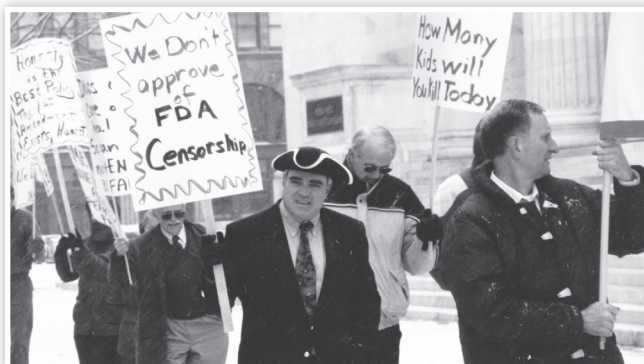
The Times They Are A-Changin’

We’ve come a long way since 1991. Alternative physicians are no longer a rarity, and conservative bastions like Mass General and the Mayo Clinic now boast integrative medicine departments. Seventy-seven percent of US adults take nutritional supplements, and the industry has grown from \$4 billion and 4,000 supplements to \$40 billion and 80,000 products.

Whether or not *Health & Healing* has played a small role in effecting change, we’ve been there for the ride, and it’s been a heck of a trip.



◀ Talking to Sen. Orrin Hatch, who introduced DSHEA, the legislation that protects our access to supplements



▼ Protesting FDA censorship

Thanks for the Memories

Some of my favorite memories of *Health & Healing* are the times I've spent with readers. Back in our heyday, we had biannual subscriber seminars in cities across the country. We'd pack a hotel ballroom with several hundred of you folks and I'd give a talk, followed by a Q&A period. These get-togethers were a great way for me to get to know you and learn about your interests and concerns for future newsletters.

Sometimes we went further afield. Several seminars were aboard cruise ships, with lectures sandwiched in between ports of call in the Caribbean, Mexican Riviera, and Mediterranean. On one occasion, subscribers participated in a leisurely 184-mile bike ride along the C&O canal in Virginia, West Virginia, and Maryland, with tours of Antietam and Harpers Ferry along the way. Connie and I rode a tandem for the first time, and we only wiped out once!

Our most ambitious undertaking was in 1995, when I invited readers to join me on a bike ride across the United States—and dozens of you did. Some rode for a week or two, but a hardy few made the entire ten-week, 4,300-mile trip from Bellingham, Washington, to Washington, DC. We ended up on the steps of the US Supreme Court Building hawking illegally labeled supplements and protesting FDA censorship.

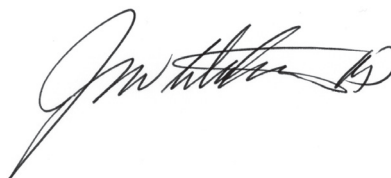
You have joined me in other venues as well—at health conferences, congressional committee

hearings, picket lines, and events sponsored by my nonprofit (whitakerhealthfreedom.com) and other organizations fighting for freedom of choice in health care. I've also had the privilege of meeting subscribers at my clinic, as many of my patients first learned about Whitaker Wellness through the newsletter.

For the past 28 years, *Health & Healing* has played an outsized role in my life. It spurred the growth of Whitaker Wellness into a large and thriving clinic that has helped thousands of patients in their quest for optimal health. It inspired me to write a dozen books and led to appearances on national TV, speaking engagements at medical conferences and public forums, and my own talk radio show. It even garnered awards for health journalism, innovative supplement formulations, and defending medical freedom.

None of this would have been possible without *Health & Healing* subscribers. You mean the world to me, and I will miss you.

Wishing you a lifetime of health and happiness,



My Sincere Thanks

Editing, designing, printing, marketing, and delivering *Health & Healing* is a group effort. I want to thank all the talented individuals at Healthy Directions and Whitaker Wellness for their creativity, hard work, and dedication. This is an incomplete list of the editors and publishers, past and present, I have worked with directly, but I am grateful to everyone who has had a hand in the newsletter.

Karen Berney • Frances Bishopp • Cliff Brownstein • Erica Bullard • Tom Callahan • Peggy Dace • Ashley Delaney • David Franke • Chip French • Jay Griffin • Ryann Groseclose • Connie Hallquist • Marshall Hamilton • Paula Harrell • Bob King • Bob Kroening • Larissa Long • Teresa Marshall • Stephanie Mensh • Glynnis Milekowsky • Stacy Murray • Jennifer Myers • Tom Phillips • Ben Teicher • Bill Todd • Jamie Whaley • And Connie Whitaker—for everything

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