# Table of Contents

How an all-natural “bean cure” can get you off your diabetes drug—for good. .......................... 1

WARNING: These common medications could be destroying your hearing! ................................. 3

Often overlooked “hidden cause” of fatigue could be the key to your exhaustion .......................... 4

Eighteen things you never knew .................................................................................................. 5

The Great Probiotic Hoax: Why most probiotics are a waste of money and why you need to choose one that REALLY WORKS ................................................................. 6

How to safely and easily shed 20-30 pounds in just 3 to 4 weeks flat ................................. 8

Supercharge your immune system and fight cancer with the “secret” medicinal mushroom remedy from the East ................................................................. 13

The shocking hidden cause of your chronic pain and muscle weakness…and the simple solution to feeling like yourself again ................................. 15

References ...................................................................................................................................... 19
How an all-natural “bean cure” can get you off your diabetes drug—for good

When my friend called to ask what I thought about the Actos, his doctor prescribed for his diabetes, it didn't take me more than a couple seconds to answer him.

“That's easy,” I warned, “You should toss that prescription in the trash!”

I explained that Actos might increase your risk of bladder cancer. Plus, it comes with a whole laundry list of other health problems. He was shocked that his doctor never told him about the risks. The cancer warning was his wake up call. He followed my advice to change his diet, start exercising, and to start a supplement program. Before long his blood sugar plummeted and his days of Actos were gone.

Is diabetes becoming America’s #1 export?

As the American fast-food lifestyle has invaded the rest of the world, it’s easy to spot all the health problems that have spread right along with it. According to the World Health Organization, 346 million people worldwide now have diabetes! When you count the number of people with pre-diabetes who are already experiencing some organ damage, that number jumps up to about 1.7 billion people with blood sugar problems.

Here in the United States, about 10 percent of Americans have diabetes and another 20 percent pre-diabetes. That means that in this country alone, we’re faced with over 70 million people with abnormal blood sugar levels. Looking at those numbers it's really no wonder why so many patients come to see me with blood sugar problems.

While the country debates how health insurance should work, something we can all agree on is that diabetes is destroying our health. It's a major cause of heart disease and stroke, and a leading cause of kidney failure and new cases of blindness among adults. In fact, it's now the seventh leading cause of death in the United States.

Warning: Your diabetes drugs may be making you sick!

Not surprisingly, the market for diabetes drugs is exploding. The pharmaceutical industry is licking its lips as it capitalizes on this new epidemic releasing one new designer drug after another. But be wary of these new wonder drugs. They're dangerous and they don't even treat the real reasons for your blood sugar problems.

A new study found that the popular class of drugs known as Thiazolidinediones, which Actos and Avandia both belong too, increases your risk of diabetic macular edema (DME) by three to six times. DME is a very serious condition that causes fluid to leak from the blood vessels inside the area of the retina responsible for vision called the macula. This causes the retinas to swell and puts you at risk for blindness.

Another study found this same class of drugs increased the risk of bone fractures by 1.5 times when compared to patients without diabetes. Of course, considering their track record, we really shouldn’t be surprised. The first drug in this class, Rezulin, was banned after it was reported to cause serious liver problems in some users. And thiazolidinediones are also linked with an increased risk of heart failure and heart attack!

Personally, I never recommend them. And the only time I can imagine using these risky drugs is for someone who simply refuses to change their diet and lifestyle habits or to use blood-sugar-balancing supplements. Because, the truth is, both pre-diabetes and diabetes can be reversed with a comprehensive natural strategy. I prove this every single day with the dramatic changes that I see in the patients at my own clinic.

Food holds the secret to finally beating your diabetes

Let's face it. We live in a hectic world filled with foods that are big on convenience and very low in nutrients. Of course, our healthy blood sugar levels suffer because of it. But risky drugs are not the answer. You can use a non-toxic approach instead. By working with your
body's own healing system, you can get your blood sugar levels back to normal.

I always recommend you start with a high fiber diet that includes moderate amounts of protein and complex carbohydrates.

**Getting the RIGHT kind of fiber is key to blood-sugar control**

To keep your blood sugar under control it’s very important to get the right *type* of fiber. I’m not talking about the kind that helps in the bathroom, called insoluble fiber. Rather it’s the type most medical doctors never mention—soluble fiber. This means it dissolves in water and forms a gel like material. This “gel” blocks some of the sugars and cholesterol in your food from entering your blood stream. The result is lower insulin levels and better blood sugar control. Foods that are rich in soluble fiber include oats, peas, beans, Brussels sprouts, almonds, artichokes, apples, citrus fruits, carrots, barley, and spinach.

I should also add that soluble fiber could also help reduce your appetite. When you take it with water it expands in your stomach and digestive tract making you feel full faster. And, of course, when you eat less food you generally have better blood sugar levels.

**Powerful “bean cure” helps your body resist your diabetes**

Most doctors are clueless when it comes to the power of a group of foods that are high in what is called “resistant starches.” Resistant starches balance your blood sugar levels by reducing the rate that other starches you eat at the same time are processed. This prevents spikes in blood sugar and insulin levels. Resistant starches are so powerful that they can even improve your blood sugar and insulin response for several hours after a meal and even the following day.

The best food sources for resistant starches are in the legume family, especially beans and lentils. The secret to the beans/blood sugar balancing act is a protein called phaseolamin (faze-ahl-uh-min) Phaseolamin restricts the digestive enzyme amylase that’s needed to digest starches and sugars so that some of them pass right through your system without ever being absorbed.

A large study of 64,227 middle aged Chinese women found those who ate the most legumes were 38 percent less likely to have diabetes and those who ate the most soybeans were 47 percent less likely to have diabetes. It’s important to note, however, that this benefit was not seen in processed soy products including soy protein. Instead, you should get your soy from fermented foods such as miso, tempeh, tofu, and natto.

**Putting your diabetes-fighting fiber plan into action**

There are two soluble fiber products you should know about. The first is glucomannan, also known as Asian Konjac root. A 14-study analysis found glucomannan reduces fasting blood sugar by about six percent. It was also effective for treating elevated blood fats, cholesterol, body weight, and blood pressure. You can find glucomannan in health food stores. Work up to taking 4 grams with an eight-ounce glass of water thirty to sixty minutes before meals.

Another product that has been featured in the media recently is PGX. This very sticky soluble fiber has been the focus of several studies including one done at the University of Toronto. I’m a big fan of PGX and have used it with a number of patients. It can help you control diabetes, reduce your appetite, lose weight, and even significantly lower your total and LDL cholesterol.

The key to soluble fiber lowering your blood sugar is to use it consistently. This means eating soluble fiber rich foods with at least two meals a day and preferably all three.

Keep in mind that the better you control your glucose and insulin, the easier it is to lose weight. An interesting 15-week study followed obese or overweight women who weren’t dieting but took a PGX supplement. The women all lost approximately 3.5 lbs. and 1.5 inches from their waists.

PGX is available in capsule and granule form. Start by taking one capsule or 1/3 of a scoop with an eight-ounce glass of water 30 minutes before each meal. Increase this dose by one capsule or 1/3 scoop every three to four days until you’re taking 3 to 4 soft gels or 1 scoop per meal.

One caution: Soluble fiber can cause gas, bloating, or constipation. You can avoid this by slowly increasing the dose and making sure to drink at least eight ounces of water every time you take it.

References available of page 19
WARNING: These common medications could be destroying your hearing!

Most people agree that next to vision hearing is our most important sense. Unfortunately it tends to decline for all of us as we age. And noise damage earlier in life can put you risk for hearing loss as well. But there’s one major cause of hearing loss you won’t hear about from your doctor (no pun intended). In fact, approximately 40 million Americans have hearing loss because of the medications they take!

Men need to be careful with erectile dysfunction medications known as PDE-5 inhibitors. Common examples are Viagra, Cialis, and Levitra. These drugs may do wonders for your love life, but could cost you your hearing. A 2011 study, which reviewed reports of hearing loss found in men who took Viagra or other drugs for erectile dysfunction, showed an association between the drugs and hearing loss. And shockingly 66.7 percent of the group studied had their hearing decline…a condition the researchers referred to as “Viagra deafness”…within 24 hours of starting the medication.¹

But if you’re not a guy, or aren’t on an E.D. medication, you certainly aren’t off the hook. There are plenty of other medications that can be toxic to the sensitive hearing components of your ear. (Known in medical circles as “ototoxic.”) For example, common antidepressants or anti-anxiety medications such as Xanax can have an effect on your hearing as well. And one of the many reasons I advise my patients to limit their use of antibiotics is a potential for hearing loss. Antibiotics such as tetracycline or erythromycin can have this side effect.

Next are the chemotherapy drugs including the commonly prescribed carboplatin and cisplatin. And millions of Americans on blood pressure medications may be putting their hearing at risk when they take their prescribed diuretics (some folks call them “water pills”). The commonly prescribed class of drugs known as loop diuretics…including the drug Lasix…increases your risk for hearing loss.

But it’s the last class of drugs I want to warn you about that might surprise you most of all. In fact, these drugs are so common that you might not even think of them as drugs at all. I’m talking about nonsteroidal anti-inflammatory drugs. Yes, despite their image of being gentle and safe NSAIDs—which include ibuprofen, naproxen, and aspirin—do indeed increase your risk of hearing loss.

Now I, of course, realize that there are times you might need to be on a medication. But if you’re taking one of these potential hearing destroyers the good news is that you don’t have to sit idly by hoping that you don’t start to lose your hearing.

Instead you can be proactive by…

Protecting your hearing with super nutrients

Coenzyme Q10 is often referred to as the heart nutrient, but it turns out it’s tops for ears too. CoQ10 has been shown in various animal and human studies to protect against hearing loss and actually improve hearing!²³ I recommend 100 to 200 mg daily.

You’ve heard before that fish is brain food right? Well it turns out that that nutrients in seafood are great for the ears too. Research shows that there’s a relationship between higher intakes of the nutrients found in seafood and decreased incidence of hearing loss. Having fish in your diet can reduce inflammation and is important for keeping the nerves involved in hearing in good health. Be sure to eat cold-water varieties…like salmon or sardines…two to three times a week.

Lastly, vitamins A and E have been shown to be critical nutrients in preventing hearing loss.⁴ A study in the Journal of Nutrition, Health, and Aging found that getting enough vitamin A and E in your diet can significantly reduce your risk of hearing loss.

Emerging research is suggesting that free radical damage to the hearing apparatus of the ear is a significant cause of hearing loss. Antioxidants like vitamins A, E, and CoQ10 are critical to reducing the nerve damaging effect of the free radicals that we’re exposed to in everyday life.

References available of page 19
“Here’s my blood work. Everything looks normal—I feel so exhausted all the time that I thought I might be anemic, but I’m not.” These were the words of Jean, a new patient at the Stengler Center. She’s like many people I speak with who struggle with low energy despite lab tests that appear to say they’re perfectly normal.

If you go to your doctor complaining of low energy chances are he’ll check you for anemia. When you’re anemic you have too few red blood cells circulating in your body. Red blood cells are mostly made up of a protein called hemoglobin that moves oxygen around your body. So without enough red blood cells…and hemoglobin…your cells and organs, naturally, can’t get all the oxygen they need and the result is that you end up feeling just plain exhausted.

The low iron link to exhaustion

The mineral iron is an important building block for creating hemoglobin making low iron levels one of the most common causes of anemia. Being low on B12 or having a folic acid deficiency can also contribute to the condition. And just being a menstruating woman can raise your chances of becoming anemic since blood loss is another possible cause.

If you are a woman with heavy periods…or have had multiple pregnancies…and you’re not getting enough iron in your diet you could easily end up having low iron reserves. And this could be true even if blood tests show that you DO have enough circulating iron and an adequate number of red blood cells. In addition, men (of any age) and postmenopausal women can have low iron levels from bleeding in the digestive tract due to ulcers, cancer, or the use of certain medications such as aspirin or prednisone.

The cause of fatigue could be “hiding” in plain sight

The blood test that measures iron reserves is a serum ferritin test. Ferritin is a protein that stores iron for later use. The lower your ferritin level the less iron you have stored in your body. But here’s the catch—and knowing this “secret” is how I helped Jean and hundreds of other patients in her same situation—it’s common for people (especially premenopausal women) to have no signs of anemia, and even to have normal iron levels, but to still have a low ferritin blood value. If you’ve been suffering from exhaustion…or low energy…and don’t know why, this could be the hidden cause of your fatigue!

For example, a recent trial published in the Canadian Medical Association Journal found that premenopausal women who were experiencing fatigue, but not anemic, saw a significant benefit from taking iron supplements. In fact, the authors reported that iron supplementation over a 12-week period decreased fatigue by about 19 percent when compared to a placebo when tested on “menstruating iron-deficient nonanemic women with unexplained fatigue and ferritin levels below 50 micrograms per liter.”

A typical laboratory reference range for ferritin is 12 to 300 nanograms per milliliter (ng/mL) for men

Foods that can help you maintain good ferritin levels:

- red meat
- eggs
- lentils
- beans
- asparagus
- chard
- spinach
- thyme
- romaine
- lettuce
- mustard greens
- tofu
- brussels sprouts
- collard greens
- turnip greens
- leeks
- blackstrap molasses
- broccoli
- kale
and 12 to 150 ng/ml for women. And it’s when your ferritin numbers are lower down on that scale that you might need to be concerned. Even the government website MedlinePlus states, “The lower the ferritin level, even within the ‘normal’ range, the more likely it is that the patient does not have enough iron.”

If you have unexplained fatigue ask your doctor for a ferritin blood test. Women will feel best with a level above 50 ng/mL and men should shoot for between 50 and 100 ng/mL. If you find that your levels are low you can get them up quickly with iron supplementation. I normally recommend 50 to 100 mg of iron glycinate or another form of chelated iron. Have your levels re-tested after 6 weeks of supplementation. And be sure to see the chart below for foods that can help as well.

References available on page 19

1. A good belly laugh can dilate your blood vessels an average of 22 percent making laughter good for your heart.
2. Aspirin has been linked to ringing in the ears (tinnitus). But 40 mg of ginkgo biloba, 3 times a day may relieve the problem.
3. Freshly brewed chamomile tea can help relieve stubborn flatulence. Adding fennel, peppermint, and ginger can boost its effectiveness.
4. Sleeping pills can spike your risk of dying by more than a third. A low dose of melatonin—0.1 to 0.3 mg, at night—can improve sleep quality without the drug side effects.
5. After age 30 we literally begin to shrink...losing about a half an inch of height per decade. If you’re shrinking faster see your doc.
6. To ward off digestive problems 1 to 5 billion probiotic organisms a day are usually enough. But if you’re suffering from an illness like diarrhea upping the dosage to 10 billion or higher can help.
7. The tocotrienol forms of vitamin E...240 to 300 mg daily...can help reduce plaque in your arteries.
8. Mild dehydration is a major cause of daytime fatigue and mood swings. Drink at least 60 ounces of purified water a day.
9. Aching feet? Try sprinkling a little cayenne pepper into your socks or dabbing it on the soles of your feet for relief.
10. The curry spice turmeric may help you survive bypass surgery and even avoid a heart attack during your recovery.
11. Dark circles under your eyes may mean your liver is not working effectively and puffy “bags” can mean your kidneys are not cleaning toxins as they should. A month or two of a milk thistle supplement can help.
12. Cold and flu viruses can survive up to 72 hours on plastic surfaces you can support your immune system with the Chinese herb astragalus.
13. Everything from antibiotics to Prozac have been found in the feathers of factory farm chickens. Skip the big supermarket brands and choose an organic bird instead.
14. Junk food can make you depressed. A new study out of Europe finds that a steady junk-food habit can boost your risk of depression by up to a whopping 51 percent!
15. The flavonoid rutin found in apples, onions, citrus fruits, asparagus, red wine and green tea can help prevent blood clots and reduce your risk of heart attack or stroke.
16. A positive attitude may literally ward off a heart attack. A recent Harvard analysis of more than 200 studies confirmed that an optimistic outlook could cut your risk of a first heart attack in half!
17. Despite what you may have heard eggs won’t raise your cholesterol levels. But eating some at breakfast can help you feel less hungry and help you lose weight.
18. Besides the unhealthy fake butter you find in microwave popcorn it can contain perfluorooctanoic acid (PFOA), a cancer-linked chemical used to manufacture the heat-resistant fluoropolymers used in some food packaging.
There’s a dirty secret about one of the fastest growing segments of the supplement industry...probiotics. I won’t beat around the bush: You’re being lied to. The fact is most probiotic supplements have little to no benefit.

But chances are that it’s probably not for the reasons you’re thinking.

Let’s face it, probiotic supplements have become mainstream. You can find them in drugstores and health food stores all across America. Heck, even Big Pharma has gotten in on the act promoting their own brands on television.

In theory it makes sense to take these friendly bacteria. After all, these healthy bugs are part of the 100 trillion bacteria that live together in our digestive system keeping us healthy.

But in this case theory breaks down in practice, You see, when it comes to probiotics factors like strain, potency, and shelf life are all vitally important. Ignore them...as way too many supplement manufacturers do...and you end up with an inferior product that simply isn’t going to do what it promises.

And frankly that’s a crying shame, because never before in our history have we needed probiotics as much as we do now. Today’s modern lifestyle is a real gut destroyer...things like chlorinated water, antibiotics, mercury exposure, stress, and a poor diet all team up to destroy the good bacteria in our guts. So replenishing them with a supplement just makes good sense.

And it’s not just your digestive tract that plays host to the friendly flora. Amazingly, these bacteria comprise as much as four pounds of your body weight living in your sinus cavity, mouth, throat, and urinary tract, as well as on your skin. They help regulate your digestive system—conquering tummy troubles from acid reflux to constipation—and provide protection against harmful bacteria, fungi, and viruses. But these helpful bacteria don’t stop there. In addition, they naturally boost your immunities and play a role in manufacturing vitamins in the body including several B vitamins and vitamin K, and they help with the absorption of minerals.

But when it comes to gut flora it’s all about balance. And maintaining balance in this modern world—which isn’t the friendliest place for friendly bacteria—is the very definition of a challenge. Assaults from toxins, stress, and a poor diet can easily knock your gut flora out of whack. And when your good bacteria counts dip down too low, you not only open yourself up to digestive troubles, the rest of your body feels the impact too.

When your good bacteria counts fall, suddenly you’re prone to skin conditions like eczema and psoriasis. The dip can lead to hormone imbalances, allergies, vaginitis, and respiratory tract infections. Certain cancers have even been linked to inadequate levels of the bugs.

That’s when a probiotic can save the day by giving you back what the rigors of daily living have stolen from you and your gut. But remember, as I said earlier most probiotics are next to useless. They can only accomplish this feat if you’re getting a quality product. And sadly, more often than not, this simply just isn’t the case.

In fact, the chances are your current probiotic supplement sucks and here’s why…

Most strains have never taken a human test ride

At first glance, most probiotic labels look impressive by listing a number of probiotic species. You will often see various types of Lactobacillus acidophilus and bifidobacterium listed. The more the better, right? Often the answer is no.

What most people fail to realize...and what supplement manufacturers won’t tell you...is that only certain strains of probiotics have been tested in human studies. And if the species in your probiotic haven’t been tested on humans there’s no way to know if they will have any benefit or even come with some adverse effects.
How do companies make it appear their products have the research to back them up? Simple, they pull a classic bait and switch and hope you won’t notice. They tell you all about the great research done on specific strains of probiotics but then substitute “similar” strains in their own products.

In other words, it’s smoke and mirrors. It’s like saying I have a two-door car that has no studies on road speed. But hey, since a Ferrari has two doors I will cite the acceleration speed research done on that when talking about my own two-door car. Preposterous, but sadly this is the case with MOST probiotics.

You may be wondering why companies would even choose probiotic species that have no research. It all has to do with money. Good research is expensive. Suppliers that conduct quality studies on probiotic species pass those costs on to manufacturers and ultimately the consumer must pay a little more. So as a result probiotic species without human studies backing them up are significantly cheaper to manufacture resulting in a higher profit. I don’t have a problem with companies making a decent profit—but not if the product is deceptive and ineffective!

**Potency levels are laughably low**

Assuming you’ve jumped the first hurdle and your probiotic is one of the few that uses strains that have been tested on humans don’t start celebrating yet… you have another potential problem. Your probiotic may not contain enough of the friendly flora to have any significant effect. For example, I often see probiotics that contain anywhere from five hundred million up to two billion organisms per dose.

Sounds like a lot doesn’t it? It really isn’t. In fact those supplements are missing their mark by at least three billion organisms. Those levels may have some preventative benefits, but if you currently suffer from symptoms such as gas and bloating, abdominal pain, diarrhea, or weak immunity—you’re not likely to notice any benefits from such low dosages.

In my experience most people need a minimum of five billion organisms—and often closer to twenty billion organisms—daily. For my patients with acute abdominal pain or infection I may go as high as two hundred billion organisms or more a day to get symptoms under control more quickly and then drop to a lower maintenance dosage.

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**Some strains can’t handle the shelf**

Studies reveal that it’s common for probiotic supplements to not contain the amount of organisms listed on their labels. In some cases this may be because the manufacturer never including the correct amount of probiotics in their products. However, more often than not the problem lies in the shelf life of the bacteria. You see, certain strains of probiotics lose potency over time and some do better with refrigeration. So no matter what the label

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**SHOULD YOU BE TAKING A PROBIOTIC?**

Take this quick quiz to find out if you should be taking a probiotic supplement. Just put a check in the yes or no column for each question.

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<th>YES</th>
<th>NO</th>
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<tr>
<td>Have you taken an antibiotic within the past twelve months?</td>
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<tr>
<td>Do you grab meals on the go, or make poor food choices, several times a week?</td>
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<tr>
<td>Are you under a lot of stress at work or home?</td>
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<tr>
<td>Do you ever experience skin problems like rashes, breaks outs, psoriasis, or eczema?</td>
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<td>Do you suffer with diarrhea or constipation?</td>
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<tr>
<td>Do you often get sick with colds, flu, or other infections?</td>
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<tr>
<td>After eating do you sometimes feel uncomfortable, bloated, or gassy?</td>
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<tr>
<td>Do you suffer with food sensitivities or allergies of any sort?</td>
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<tr>
<td>Do you frequently have bouts of heartburn?</td>
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<tr>
<td>Are you overweight?</td>
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<tr>
<td>Do you live a relatively inactive life without any regular physical exercise?</td>
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<tr>
<td>Are you currently suffering with a major illness?</td>
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If you answered yes to even one of these questions, I recommend you start on a quality probiotic supplement immediately.
says, the longer your supplement sat on the shelf before you bought it the fewer bacteria it’s likely to contain.

The key is to look for strains that have been shown in studies to not lose their potency without refrigeration. Also, do your research and pick a brand you trust. Good manufacturers always increase the amount of probiotics they put in their products by an extra 10 percent or more to allow for some degradation.

**Picking a probiotic that really works**

Just because I’ve blown the whistle on this major problem in the probiotic business doesn’t mean I don’t want you taking them. There are some quality probiotic supplements out there. And when you know what to look for…and what to avoid…they’re not so hard to find.

One excellent example is a brand called Sustenex, which contains a well-studied strain known as *Bacillus Coagulans*. It can help digestive ailments and support immunity.

And then there’s the strain that I’m personally the most excited about right now. Lately I’ve been focused on a very well researched strain from Japan known as *Bifidobacterium longum* or BB536. There’s lots of solid science backing up BB536 including a number of positive human studies on digestive health, allergy prevention, and immunity building. Look for it to become a popular probiotic with reputable supplement companies this year. I’ve already been using it with patients with great success.

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**How to safely and easily shed 20-30 pounds in just 3 to 4 weeks flat**

I’m a skeptic by nature. I want hard facts before I’m convinced that something is real. This is especially true if that something sounds “too good to be true.” For example, I believe any quick fix weight loss program should be approached with a healthy dash of skepticism. Marketers will use one gimmick after another to separate you from your money but, if you’re not careful, in the end you’re likely to be disappointed with the results. Even worse than throwing your money away you can, all too easily, leave yourself with a health problem brought on by dangerous stimulants and wacky diets.

Years ago when patients started asking me to prescribe hormone human chorionic gonadotrophin (HCG) and a low calorie diet I resisted. After all, I need to be sure that what I prescribe for my patients is safe and effective. I needed more information. So I started my research to find out what the HCG protocol was all about. I sought out credible doctors and nutritionists and asked them what kinds of results they were seeing with the protocol. The feedback was positive.

Next, I read the book *Pounds and Inches* (available on the Internet) which was written by British endocrinologist A.T.W. Simeons the original developer of the HCG method. I also reviewed the available studies on these types of programs. In the case of Simeons HCG weight loss program the results were mixed with some positive results and some less than impressive findings. But the positive ones were enough to keep me intrigued.

**Real life results**

Only then—with all the facts in, and convinced of its safety—did I decide it was okay to try the program with patients. The first was a fifty year old patient I had seen for several years for general health issues including hormone balancing protocols. She was very health conscious. Even though she exercised for an hour 5 to 6 days a week and consumed a 1300 calorie diet she could not lose a stubborn extra 20 pounds.

I started her on daily HCG injections and a 500 calorie diet. She returned to the clinic once a week to follow up with me. Every visit when I asked her if she was hungry she always assured me that she wasn’t. She reported that her energy levels were fine. Yet, she was losing, on average, a half-pound to a pound a day. At the end of her thirty day program she had lost twenty pounds and two inches off her waistline. And, needless to say, she was thrilled!
She went back to her original diet and exercise program and now, several years later, has kept the weight off...even during a diet-sabotaging cruise.

Seeking out the truth

HCG is a hormone that’s produced naturally by the placenta in pregnant women. Doctor A.T.M. Simeons is credited with being the first person to realize the hormone’s potential for use in weight loss. While some in the weight management arena want to treat Dr. Simeons as a heretic—and his HCG protocol as fringe medicine—the truth is he was no academic slouch.

Simeons was born in London, and like many of his American and British peers pursuing a career in medicine he chose to attend a German university. He graduated from the University of Heidelberg and completed his post-graduate studies in Germany and Switzerland. Simeons then worked at a surgical hospital near Dresden, Germany. Eventually he became interested in tropical diseases and joined the School of Tropical Medicine in Hamburg. After completing two years of work in Africa, Dr. Simeons headed to India where he continued to practice medicine for the next 18 years...from 1931 to 1949.

Simeons was a medical pioneer and even critics can’t dismiss his credibility as a researcher and clinician. During his years in India he developed a drug treatment for life threatening malaria. Malaria, which is transmitted to people through mosquito bites, affects over two hundred million people a year and hundreds of thousands die from the infection yearly. Simeons also pioneered a blood staining test to better identify the malaria parasite. For his work on medical advances for malaria he was awarded the prestigious “Order of Merit” by the Red Cross. In addition, he did extensive research on the bubonic plague and developed a model leper center for the treatment of leprosy. Later he maintained a private practice in Bombay India and was regularly consulted by the Government of India. In 1949 he moved to Rome and worked at the Salvador Mundi International Hospital until he passed away in 1970.

Simeons describes his first uses of HCG with young male patients in India who had large abdomens, buttoks, hips, and thighs along with undescended testicles. He referred to them as “fat boys.” He discovered that daily injections of the bio-identical hormone HCG, along with a restricted diet of 500 calories (high protein diet with little fat and lots of water) a day, resulted in a loss of fat around the midsection and a normalization of their appearance. Amazingly his patients were able to follow the extremely low-calorie without suffering from hunger. He comments:

“I found that as long as such patients were given small daily doses of HCG they could comfortably go about their usual occupations on a diet of only 500 calories daily and lose an average of about one pound per day. It was also perfectly evident that only abnormal fat was being consumed, as there were no signs of any depletion of normal fat. Their skin remained fresh and turgid, and gradually their figures became entirely normal. The daily administration of HCG appeared to have no side-effects other than beneficial ones.”

In essence, Simeon discovered that HCG mobilizes fat away from undesired areas such as the waist, buttocks, and hips. My own experience using HCG with patients confirms Simeons’ findings. My patients lose fat around the midsection, yet their faces don’t become skinny or withdrawn. Simeons hypothesized that HCG and a very low calorie diet may somehow have a revitalizing effect on a metabolic center of the brain. However, the exact mechanisms of how HCG affects metabolism and fat distribution are still not completely understood.

The elephant in the room

If you’re like most people I talk to about HCG you’re likely wondering if it’s the very low calorie diet and not HGC that accounts for the weight loss seen in patients on this protocol. The answer is actually yes and no. Let me explain.

When people first hear the diet is 500 calories they often gasp and say that it is no wonder people lose weight. They also comment that it would be a difficult diet to follow. The reality is that a 500 calorie diet in conventional medicine is an accepted medically supervised diet. Plenty of large, well known conventional medical institutions have patients follow a 500 calorie liquid diet. In those programs patients typically drink calorie-controlled shakes throughout the treatment and never eat any solid foods.

So it’s important to understand that the 500 calories advocated by the Simeon diet is not particularly unusual and is regularly prescribed by conventional weight loss specialists. However, with the HCG pro-
gram, unlike the liquid diets promoted by conventional weight loss programs, patients do eat real food. This alone makes HCG more attractive to many patients.

In addition, while it’s true that many people can lose a similar amount of weight on a very low calorie diet without HCG some...like my patient I spoke of earlier...are unable to lose weight by lowering calories alone. Their metabolism is unbalanced and weight loss is difficult no matter how many calories they consume. The HCG component is often what’s needed in these cases to finally kick-start the loss.

The fact is HCG makes it easier for almost anyone to lose weight for several reasons. First, HCG is a surprisingly powerful appetite suppressant. It’s a great safe alternative to the common conventional appetite suppressant known as phentermine which can cause serious side effects including: Increased blood pressure, heart palpitations, restlessness, dizziness, tremor, insomnia, shortness of breath, chest pain, dizziness, swelling of the legs and ankles, and difficulty doing exercise. HCG is not a stimulant and typically has none of the troubling side effects that you can expect to see with a stimulant appetite suppressant. Frankly, I’m still amazed when patients tell me they’re not overly hungry on my HCG program. But the proof is in the results.

Another advantage for the use of HCG along with a lower calorie diet is that the hormone appears to target fat in the typical problem areas including the abdomen, hips, thighs, and buttocks. A double blind study with adults confirmed this unique ability when researchers found that HCG, plus a low calorie diet, significantly decreased waist and abdominal circumference compared to a low calorie diet alone. I can clearly see this occurring with my own patients as we measure the inches they have lost.

HCG also has one other major benefit. The hormone combats the fatigue, mood swings, and irritability that often affect those on a very low calorie diet. In fact, there’s data suggesting that HCG acts like an endorphin (a mood benefiting and pain reducing chemical) in the brain. One study, done by Argentinian researchers, found those on a 500 calorie diet plus pharmaceutical grade sublingual HCG “improved their attitude towards their environment, in the sense of an enhanced well-being, less irritability and lack of fatigue.” A side benefit of HCG’s endorphin-like action is that patients with arthritis or other types of chronic pain often find a dramatic reduction in their pain levels.

**Dr. Mark’s HCG Modifications**

Simeon’s program was ingenious. However, I found it necessary to modernize his program for today’s patient. Keep in mind he developed it over 50 years ago and we have learned a lot more about the body and nutrition since then. I have modified the HCG program to make it easier for people to follow, while still producing substantial weight loss.

The Simeon diet is a high protein diet consisting of 500 calories. I have found patients often do just as well starting at 660 calories. If you are prone to fatigue or low blood sugar 160 calories can make a big difference. If a patient still has any low blood sugar or fatigue issues I will increase their calorie intake. A small percentage of patients require 800 to 900 calories a day to feel good. Yet, even on this higher calorie protocol, they still lose weight and inches effectively.

The original diet includes only tea or coffee without sugar for breakfast. I have replaced this with a high protein, low sugar, meal replacement. Patients tend to feel better with this modification and it prevents mid-morning blood-sugar swings and the risk of burning muscle for energy. I prefer a protein meal replacement with added soluble fiber like glucomannan or chia seeds.

The original program calls for patients to fat load for the first two days. Simeon felt it was important to increase “fat reserves” before starting a very low calorie diet. On the original program patients would typically gain 4-5 pounds after eating the unhealthy fats for two days and then spend the next three days of the program losing the weight they just gained. This is psychologically unhealthy for people who already have a weight issue. Besides, I have found this step is unnecessary to safely lose the weight so I have patients skip the “fat loading” phase altogether.

Simeons’ original program doesn’t allow any fat in the menu. This means no fish or eggs (he did make an exception for an occasional boiled egg). However, during Simeons’ era they simply didn’t know the difference between good and bad fats. We now know how important good fats can be for our health. Totally avoiding good fats, like omega-3s, is not only necessary to see results, it can leave your skin dry.
In my adapted program I allow lean fish such as salmon or trout, but I tell patients to avoid shellfish. I also encourage them to use egg whites instead of whole eggs while on my adapted program. Simeons’ program didn’t allow different vegetables to be mixed together. Since they are so low in calories (except for root vegetables) I have found this restriction is unnecessary. Instead I encourage patients to feel free to mix different vegetables and eat as much of them as they want, especially greens. This allows for more flexibility in meal planning.

My general HCG diet consists of a high protein meal replacement (preferably with added soluble fiber for additional blood sugar stabilization, appetite suppression, and binding of fat in the blood) for breakfast. A snack such as an apple with the skin is eaten mid-morning and again in the mid-afternoon. Lunch and dinner consist of a protein such as egg whites, poultry, or fish, along with a large salad and small portion of carbohydrate such as a gluten free piece of toast or brown rice.

Like on Simeons’ original program, I encourage patients to drink plenty of water throughout the day. Most patients drink 50 to 80 ounces daily. This helps maintain hydration, suppress appetite, and allows for detoxification as fat stores are being broken down and metabolized. Remember that many toxins are stored in fat tissue.

**Making HCG more effective**

Although Simeon’s program has a strict policy against any topical agents including makeup and lotions being used while on his program my adapted version does not. My own informal studies on this restriction haven’t found that it makes any difference.

Simeon discouraged the internal use of medications such as hormones. I don’t recommend stopping meds while on my adapted version of the program. If a patient is to stop a medication before starting a HCG cycle I have them do this with medical supervision before starting the program to sidestep any potential withdrawal side effects.

Simeon advised against using vitamin supplements during his HCG program. I feel this is a mistake. A restricted calorie diet can put you at risk for nutrient deficiencies. Since nutrients have no caloric value they don’t block weight loss. Actually the opposite is true. Taking nutrients during a HCG cycle helps to optimize energy, promote detoxification, and helps with the metabolism of fat. I have patients take a multivitamin and a mineral supplement along with a calcium, magnesium, and vitamin D supplement. Many of my patients also receive a B12 shot once a week to maintain better energy levels.

I find that some of my patients require additional supplementation. For example, if you are prone to blood-sugar swings…such as patients who are hypoglycemic, prediabetic, or diabetic…you will benefit from blood-sugar balancing nutrients including, vanadium, soluble fiber, and berberine. If you struggle with insomnia melatonin, passionflower, GABA, or other relaxing nutrients can help. For additional appetite suppression I use the non-stimulant supplement Caralluma Fimbriata. And, for stronger fat-burning support, green tea extract without caffeine and L-carnitine can both help burn fat as energy.

**The role of exercise**

Only light exercise should be done during an HCG program. A light walk for 20 minutes is fine. Weight loss is achieved through the very low calorie diet and moderate to heavy exercise is not required. In fact, too much exercise while on the program can lead to fatigue and the loss of muscle mass since the body would need to burn muscle tissue in addition to fat. Too much exercise can also backfire by causing your metabolism to slow down.

I once had a patient on the program that ignored my exercise restriction. On a hot summer day in California she went on a four hour long fundraising walk. She called me the next day complaining of fatigue and a black tongue…a sign of severe dehydration! When I asked her what she had been doing for the last 24-hours the reason for her problem was immediately clear. Fortunately quick rehydration solved her problem.

**Exploring your options**

I use a prescription form of HCG with my patients. Since it’s an off label use there’s no insurance coverage.

There are three ways to administer the HCG. Since it’s done daily the patient is responsible for taking the HCG on their own. The first method is the traditional Simeon method of injection into the buttocks or thigh. We show patients how to do this at our clinic before starting the program. The second option is sublingual liquid or tablet HCG taken under the tongue. The last method is a nasal spray.

The traditional dosage is an injection of 125 IU of HCG daily. But no matter if it’s an injection, sublin-
gual, or a nasal spray I have found a higher dosage of 250 IU works better. If a patient is following the diet closely and they start to plateau I will have them increase the dosage of HCG to help with weight loss.

Going from start to finish

Before starting the program I give patients a physical exam and do blood work. For some patients I also have an EKG done to check on heart function. Balanced hormones helps with metabolism so it’s important to get them balanced before or during the program. Thyroid hormone balance is particularly important, but I test all the major hormones to make sure they are where they should be.

Patients follow up at the clinic once a week to get their vital signs and measurements checked to be sure they’re doing well on the program. Most patients follow the program for 30 days. I have found that after that period the weight loss plateaus and patients become sensitized to the HCG. If a repeat cycle is needed I will have you follow a healthy, higher calorie diet with exercise for at least thirty days first. Women who are fertile and sexually active are notified their fertility may be enhanced and birth control measures are implemented.

The truth about side effects

I have never seen any major side effects on this program. Some patients can feel tired. This is normally fixed by increasing the amount of calories they’re eating or by giving nutrient support such as B vitamins. With the decrease in calories constipation can occur. This can usually be overcome simply by drinking more water and taking extra fiber. More stubborn cases may require the temporary use of laxative herbs such as cascara. Women who have a menstrual cycle may notice a temporary change in their cycle length.

Patients often ask me if taking HCG is a cancer risk. Human data doesn’t show that it’s a risk and actually there’s some preliminary evidence that it may have a protective effect against breast cancer. A study published in Cancer, Epidemiology, Biomarkers and Prevention found that women 40 years and younger who had used HCG injections for weight loss or fertility had significantly less breast cancer than a control group who did not use HCG.6 A report published in Molecular and Cellular Endocrinology found HCG therapy had an inhibitory effect on breast cancer cells that were stimulated by estrogen and progesterone.6 I recommend anyone with a history of cancer consult with their physician before starting treatment with prescription HCG.

Making the most of HCG

Ninety percent of people who try HCG will lose at least 15 pounds per cycle. Heavier patients...those with 60 or more pounds to lose...will often drop 30 pounds in the first cycle. The HCG program is a kick start to dropping the pounds and inches, improving insulin resistance, and boosting overall

However HCG is not a magic bullet. After losing weight with the program you will still need to maintain a healthy diet and exercise program. Your goal should be to keep the weight off long term, otherwise there’s no point to doing the program. I do have some patients that repeat a round every couple of years to lose the extra pounds they have put back on due to things like “holiday weight gain.”

Regardless of HCG, a comprehensive analysis of your hormones and natural hormone balancing can do wonders for increasing your metabolism. In addition, I’ve found that food and environmental sensitivities can be a barrier to weight loss so I typically test patients for these and have them avoid any trigger sensitivities. Lastly, many patients benefit from occasional detoxification programs that cleanse out toxins and keep the bowels regular which prevents weight gain.

Success stories show HCG is the REAL thing

I have hundreds of success stories I could share with you, but for now let me tell you about just two more recent ones. The first is Bernice who is in her late sixties. When I first saw Bernice she was walking very slowly with the aid of a cane. She weighed 300 pounds and her hip had no cartilage left in it. Her surgeon refused to do surgery to help relieve the pain until she lost 100 pounds. So we started Bernice on my adapted HCG program. After four cycles she had lost 95 pounds and her surgeon was very pleased with her results. I recently just got word that her hip surgery went very well, mission accomplished.

The next success story is also a woman in her sixties. Joan had just been diagnosed with Type 2 diabetes when she came to see me. She wanted to avoid having to take diabetes drugs. After losing 65 pounds on the HCG pro-
Have you ever heard of turkey tail? No, I’m not talking about the tail feathers of our favorite Thanksgiving bird. It’s actually a mushroom with a rather colorful name and a surprising ability.

The turkey tail is a potent medicinal mushroom that has been found to boost your immune system. In fact, there are over 400 published studies showing just how powerful this mushroom is. Several human studies have even shown that it may be able to fight cancer. But don’t feel bad if you haven’t heard of turkey tail before, because even most cancer doctors are clueless about this “secret” wonder of nature.

The truth is, most mainstream doctors don’t even know medicinal mushrooms like turkey tail exist. Not so surprising since drug companies sponsor both the medical schools they attend and the continuing education seminars they go to. And, of course, drug companies have no interest in cheap natural remedies that they can’t patent. Individual doctors can, of course, venture a look outside of the box and do their own research, but the reality is most don’t.

Even worse, doctors are often so brainwashed that they develop a bias against natural therapies. They’re not willing to admit that some natural remedies work even if the science proves that they do. I’ve seen this happen countless times with my own patients who respond well to a complementary therapy I recommend. Their oncologists often ignore the positive results. Or, if they do acknowledge them, they refuse to learn more about the therapy that led to them.

Talking turkey tail mushrooms

Although here in the West few of us have ever heard of turkey tail, it’s well known in East Asian medicine. In fact, in Japan and China there’s a long history of using it in both traditional and modern medical practices. In Traditional Chinese medicine the mushroom is used to treat pulmonary infections, hepatitis, and cancer. And in Japan it’s a folk remedy commonly used to treat cancer.

The scientific names for turkey tail mushrooms are Coriolus versicolor and Trametes versicolor. The Latin translation of Trametes is “one who is thin” and versicolor means “variously colored.”

The fungus grows naturally on dead logs and on trees around the world. It has a fan-shaped, multicolored cap that some say resembles the tail feathers of a turkey. However, in Japan you would ask for Kawaratake or “the mushroom by the river bank.” And in China you’d look for Yun zhi or the “cloud mushroom.”

In the 1960s a Japanese scientist saw that a neighbor with late stage stomach cancer was treating himself with

gram Joan now has no sign of diabetes at all. She doesn’t take any diabetic medications. She has had a complete reversal of her disease!

Most patients that come to see me need to lose a little less weight than Bernice and Joan did. Typically they’re struggling with losing 20 to 40 pounds and HCG allows them to do that. When they follow up that loss with a good diet and exercise program and I get their hormones balanced and their digestion and detoxification systems working properly—they have long term success.

For proper medical supervision of a HCG program you can find a physician through the American College for the Advancement of Medicine (www.acam.org - 949-309-3520) or the American Association of Naturopathic Physicians (www.naturopathic.org - 866-538-2267). Or, if you’re in the California area, you can schedule a visit at the Stengler Center for Integrative Medicine.

References available of page 19

Supercharge your immune system and fight cancer with the “secret” medicinal mushroom remedy from the East
turkey tail. He became interested in the mushroom and he and his colleagues began to study it. Eventually the group developed an extract that they named PSK, an abbreviation for polysaccharide-K. Soon after, Chinese researchers developed their own version of the extract naming it PSP, an abbreviation for polysaccharide-peptide. Here in America, non-drug versions of turkey tail extract are available in the form of a nutritional supplement.

**Building “super immunities” with glucans**

The secret to the immune boosting power of many mushrooms are compounds called glucans. Turkey tail has its own unique “super” version of glucans. These glucans are pulled from the mushrooms using a special water extraction process. The result is a powerful immune enhancing extract.

Research shows that these special glucans pass right through the gut wall and into the bloodstream unchanged. (This means that when they go to work they’re just as potent as when they were extracted.) Next, the extract switches on receptors on your immune cells, including neutrophils, monocytes/macrophages, natural killer cells, and T- and B-lymphocytes. So, in other words, the glucans essentially supercharge your entire immune system not only turning on your body’s own cancer killers, but also the immune cells that fight off bacteria and viruses.

Turkey tail is obviously great for building up your immune system. But what I prescribe it for most often is as a complimentary therapy for treating cancer. Studies show it does the most good for: esophageal, lung, colon, and stomach cancers.

**Leaving lung cancer behind**

One ten-year study looked at how good turkey tail extract (PSK) is at protecting your health when you’re already ill. Researchers recruited 185 people with lung cancer who were getting radiation. Half of the group received a placebo and the other half received the PSK extract. And it turns out that the mushroom does an excellent job of protecting the immune system of lung cancer patients.

The researchers found that those receiving the turkey tail did much better overall than those on the placebo. The 5-year survival rates of the patients who got the extract were 39 percent for those who had stage I or stage II cancers, and 22 percent for those who had stage III. And while those numbers may not seem huge at first glance, when you compare them to the placebo group’s numbers of 16 percent and 5 percent it’s instantly clear just how significant a difference the extract made.

Plus, those lung cancer patients who were 70 years old or older who got the PSK had a much better chance of surviving than those that only got radiation.

**Conquering colon cancer**

Another ten-year study showed just how good turkey tail is against colon cancer. The randomized double-blind trial divided a group of 111 volunteers with colon cancer into two. After surgery for colorectal cancer the first group of 56 patients took a turkey tail extract (PSK). The second group of 55 was given a placebo.

The results were pretty stunning. The rate of patients in remission (or disease-free) in the PSK group was more than double that of the placebo group! Researchers also found that the PSK patient’s white blood cells showed, in their words, “remarkable enhancement in their activities.” (White blood cells are the ones that fight disease by attacking things that don’t belong in the body like germs, bacteria, and cancers. So anything that boosts their abilities is welcome in the fight against cancer.)

**Striking back at stomach cancer**

Turkey tail may be an important player in the fight against stomach cancer. One study, published in *The Lancet*, examined the effect of PSK in stomach cancer patients. All of the volunteers had stomach surgery and were starting chemotherapy. The two hundred sixty-two patients got either standard treatment alone or with PSK.

The survival rate of the group using both turkey tail extract and chemotherapy was 73 percent after 5 years. The group who got chemotherapy alone had a
Do you suffer with unexplained pain and weakness? Or maybe you’ve even been diagnosed with fibromyalgia, but you’re wondering what caused the condition in the first place? Well, it turns out that the answer may lie in, of all places, your neck.

Let me explain...

A common, but often overlooked, cause of fibromyalgia is an under-functioning thyroid gland, or hypothyroidism. In fact, simply boosting your thyroid hormone levels may be the solution to resolving your pain and muscle weakness once and for all.

The metabolism cataclysm

The surprising link between the thyroid gland and fibromyalgia...and similar pain-related conditions...lies in metabolism, or the process that your cells use to convert food into energy. Every single cell in your body requires thyroid hormone to produce energy known as ATP. When your cells don’t produce enough ATP it causes the release of pain signals. But when enough thyroid hormone is delivered to your cells it allows the energy factories, known as mitochondria, to burn fuel for energy more efficiently.
A study in the journal *Thyroid Science* found that the metabolic rate (burning calories at a resting state) was 33 percent lower in people who have fibromyalgia.¹ A lower metabolic rate can lead to increased pain for people with fibromyalgia as well as fatigue, weight gain, depression, constipation, and headaches. In addition, research has shown that almost a quarter of all people with fibromyalgia have low thyroid. I happen to think that number is low. In my own practice I’ve found that the vast majority of my patients with fibromyalgia have some degree of low thyroid.

**Tricky thyroid testing**

The truth is most people with an under-functioning thyroid never get properly diagnosed. And, of course, without a proper diagnosis they never get treated for their low levels. If those low levels happen to be at the heart of your fibromyalgia symptoms—but you’ve never actually been diagnosed—you probably haven’t had much luck in reducing your pain and muscle weakness.

The trouble lies in the testing. Most doctors rely on an inexpensive blood test known as the thyroid stimulating hormone or TSH test. A gland in your brain called the pituitary releases this hormone when it senses your blood levels of thyroid hormones are getting low. TSH stimulates your thyroid to produce more thyroid hormone.

An optimal TSH range is 0.5 to 2.0 (common reference range is 0.5 to 4.5 µIU/mL). However, as it turns out, TSH is not a very sensitive marker to identify if thyroid hormone is low in your tissues. In other words, a normal TSH test result doesn’t necessarily mean that you don’t have thyroid problems. The results can be misleading. But, unfortunately, many doctors don’t keep up with the scientific literature and they’re simply unaware of how limited the test really is. So the TSH remains the “gold standard” for many docs, and a lot of patients go undiagnosed as a result.

Your thyroid gland produces two main thyroid hormones, known as Free T4 (free thyroxine) and Free T3 (triiodothyronine). The term “free” refers to the active form of these hormones because most hormones that circulate in the blood are bound to a protein carrier and are inactive.

A good level of Free T4 is 1.2 ng/L or higher (common reference range is 0.8 to 1.8 ng/L). A good value of Free T3 is above 3.0 pg/mL (common reference range is 2.3 to 4.2 pg/mL). In general the higher the Free T3 the better you feel. This is because T3 is the most active thyroid hormone in your body and good levels mean better cell energy production and less pain.

Clearly your Free T4 and Free T3 levels are important indicators. But there’s more to the story. Instead of measuring the amount of FREE thyroid hormones within your cells the test measures the amount of circulating thyroid hormones in your blood. But the amount of circulating thyroid hormones in your blood is not a good indicator of how much of the free thyroid hormones there are inside the cells.

You see, the circulating hormones still have to cross cell membranes and get into your cells to have activity. This means a test can say you have normal blood thyroid hormone levels, but you may still have low levels in the cells where it really counts. And to complicate matters even further your cells can become resistant to thyroid hormone. This is similar to people with type-2 diabetes when their pancreas produces enough insulin, but the

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**Know these signs and symptoms of low thyroid**

- Anxiety
- Arthritis
- Asthma
- Allergies
- Brittle nails
- Cold hands and feet
- Eyebrow loss (especially outer one-third)
- High cholesterol
- Heart palpitations
- Hair loss and thinning
- Dry skin and hair
- Poor memory
- Infertility
- Headaches
- Depression
- Fibromyalgia
- Low libido
- Low body temperature
- PMS
- Fluid retention
- Raynaud’s phenomenon
- Carpal tunnel syndrome
- Anemia
- Slow healing
- A puffy face
- Hoarse voice
- Muscle aches, tenderness, and stiffness
- Muscle weakness
- Heavier than normal menstrual periods
cells do not readily accept this hormone that transports glucose into the cells. So ultimately one can have low thyroid function that’s not detectable with a blood test!

There are a number of things that can contribute to your cells becoming resistant to thyroid hormones. Among them are...

- Chronic stress
- Chronic illness
- Genetic abnormalities
- Autoimmune thyroid
- Chemicals that interfere with cell thyroid receptors including:

  **Polychlorinated biphenyl (PCB):** chemicals that are no longer used, but still are in the environment. They were used for consumer items including electrical equipment, fluorescent lights, plastics, and more.

  **Polybrominated diphenylethers (PBDEs):** a class of toxic chemicals in wide use as fire retardants. They’re found in common home items such as carpet, bedding, couches, and television screens.

  **Triclosan:** an antifungal and antibacterial agent found in common household products such as toothpaste, mouthwash, cleaning supplies, skin care, clothing, and bedding.

  **Bisphenol A (BPA):** an industrial chemical used in many hard plastic bottles and metal-based food and beverage cans since the 1960s.

  **Pesticides.**

  **Drugs:** medications, especially those used for anxiety including diazepam (Valium), lorazepam (Atavan), and alprazolam (Xanax) have been observed to prevent T3 uptake.

**Nutrients you need to convert T4 into T3**

- Iodine
- Zinc
- Selenium
- Vitamin A
- B2, B6 & B12

Note: The herb ashwaganda can help with this conversion process.

**T3—the superstar of thyroid therapy**

There are studies that show that the T3 hormone is quite effective in reducing the muscle pain associated with fibromyalgia. In fact, approximately 75 percent of fibromyalgia patients improve with T3 therapy. Under normal conditions...when everything is working as it should...your thyroid takes up iodine that you have ingested from your diet or supplements, and manufactures T4 and T3 hormone. Your liver and kidneys also use a number of different common nutrients (see the box above for a list of them) to convert T4 into the more active T3.

A high-potency multivitamin and mineral formula can supply most of your daily needs of these nutrients with the exception of iodine for patients who are deficient. You should work with a holistic doctor to make sure you have enough of these nutrients so that your body can manufacture the thyroid hormones it needs.

**The importance of iodine**

Estimates are that 70 percent of the world’s population is low in iodine. Salt is the main source of the nutrient in the American diet, but many adults actively avoid it because of concerns about high blood pressure. However, the fact is, only up to 10 percent of people with high blood pressure actually benefit from cutting back on salt.

Iodine has many important functions in the human body, including the production of thyroid hormone. The recommended daily allowance for the nutrient in adults is 150 micrograms. But, according to most nutrition-oriented doctors like me this is laughably low. To put things into perspective this is the same daily dose recommended by some veterinarians for a cat that weighs about 10 pounds!

In Japan, where they eat a lot of seaweed, the average person consumes around 13,800 mcg of iodine a day. You can increase your iodine intake with seaweed products, but you should always use caution because seaweed products may be contaminated with toxic metals such as arsenic. If you decide to eat more seaweed...
make sure they come from a reputable company you can trust that screens for heavy metal contamination. And remember supplementation with iodine above 500 mcg should be done only under a doctor’s supervision.

I’ve had many patients ask me about the Skin Iodine Test as a simple way to measure your iodine needs. The test involves applying an iodine solution to the skin and observing how fast it disappears. The theory is that the speed at which the iodine disappears allows you to draw a correlation with low body iodine stores, since your body somehow wants to “suck up” the iodine through your skin.

Well I hate to be the bearer of bad news, but the Skin Iodine Test is based on shoddy science and doesn’t represent your body’s iodine stores at all. Guy Abraham, MD, studied this issue and found no value with this type of testing. The fact is that 88 percent of iodine isn’t normally absorbed by the skin. And besides, temperature and atmospheric pressure can affect skin absorption as well. Skip the Skin Iodine Test and check with your holistic doctor instead. He can order urine and blood tests to identify iodine deficiency.

**Topping off your T3 with supplements**

Many patients with fibromyalgia or chronic fatigue (both conditions have similar symptoms) respond well to supplements that boost T3 or direct T3 hormone replacement. If other holistic therapies such as improving your diet and supplementing with other helper nutrients haven’t worked hormone supplements may be the answer.

T3 hormone supplements require a prescription and monitoring by a doctor. Many patients notice a significant improvement in muscle pain, mood, and energy within just two to four weeks of starting treatment. Signs you’re getting too much T3 include a fast pulse, chest pain, heart palpitations, anxiety, and insomnia. These symptoms will go away once the T3 dose is reduced or stopped.

The best way to use T3 is in a sustained release formula twice a day since the hormone wears off so quickly in the body. I’ve seen patients benefit from as little as 5 mcg daily and all the way up to 150 mcg daily.

Unfortunately the majority of mainstream doctors... and even most endocrinologists... aren’t aware of the research that shows how effective and safe T3 therapy is. If this is the case with your doc work with a holistic doctor instead to find out if T3 can help you. Statistically you have a 75 percent chance of benefitting. Great odds if you ask me.

T3 sustained release is available by prescription from a local compounding pharmacy. I offer this type of therapy at my clinic. If you are looking for a referral to someone who understands T3 therapy you can try the Association for the Advancement of Restorative Medicine (www.restorativemedicine.org) and the folks at Wilson’s Temperature Syndrome (www.wilsonssyndrome.com).

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How an all-natural “bean cure” can get you off your diabetes drug—for good

4. Ibid
7. “ACTOS (pioglitazone hydrochloride)” and AVANDIA (rosiglitazone maleate”). www.rxlist.com

WARNING: These common medications could be destroying your hearing!


Often overlooked “hidden cause” of fatigue could be the key to your exhaustion


How to safely and easily shed 20-30 pounds in just 3 to 4 weeks flat

4. Ibid

Supercharge your immune system and fight cancer with the “secret” medicinal mushroom remedy from the East

The shocking hidden cause of your chronic pain and muscle weakness…and the simple solution to feeling like yourself again


References
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# Table of Contents

The stomach-turning trouble that could be lurking in your next meal ............................................. 1

Simple wheat germ extract revealed to be a powerful cancer fighter ................................................... 3

The up-and-coming heart health superstar that everyone will be talking about: Put the MEGA into your OMEGA .......................................................... 5

Protect your brain with the two MUST-HAVE nutrients for fighting Alzheimer’s ................................. 8

The bitter truth about artificial sweeteners and cancer ........................................................................ 10

The secret sinister cause of heart disease and cancer revealed ............................................................ 12

How to conquer America’s growing super-infection threat—naturally ................................................ 14

27% lower blood pressure readings with “hypertension soup” ............................................................ 17

References ........................................................................................................................................ 18
The stomach-turning trouble that could be lurking in your next meal

Millions of Americans will be eating out at restaurants or at loved one’s homes this holiday season. But be careful, you may be gorging down more than just turkey dinner!

More on that dinner-time disaster later, but first let’s talk tummy troubles.

Sam, a pleasant forty-five year old attorney sought my help for a decade old struggle with irritable bowel syndrome (IBS). His problem was bloating, gas, and an uneasy sensation in his abdomen. These symptoms were a source of stress for him in an already stressful environment—the courtroom.

I explained to Sam that IBS is a very common condition. It affects approximately 30 percent of the US adult population. Common symptoms include abdominal cramping, gas, bloating, loose stool or constipation (or an alternation of both), and sometimes mucus in the stool. Now according to conventional wisdom IBS can’t be cured, but symptoms can be reduced. My experience is that symptoms can be relieved and the condition can be cured when the root causes are treated.

Pinpointing a cause

There are many different causes of IBS. For example, food intolerances can cause havoc in the digestive tract. One of the most common is the milk sugar, known as lactose. By age twenty about 30 million American adults have some degree of lactose intolerance. Another common... and growing...intolerance I see with patients is gluten, especially wheat. I believe the genetic modification of wheat has changed its molecular structure so much that for many it’s now recognized as a foreign invader in the digestive tract. Milk and wheat ate just two of countless foods that can cause IBS symptoms. Your local holistic doctor can give you tests to pinpoint your own trigger foods.

Not getting enough fiber in your diet can also cause uncomfortable IBS symptoms to kick in. But with fiber it always takes a little bit of trial and error to get the balance right. Some patients with IBS respond well to increased fiber in their diet while others need to increase the amount slowly or else their symptoms worsen.

Vegetables, fruits, nuts, and seeds are all good sources fiber. But be careful when it comes to nuts, especially peanuts since they’re highly allergenic. Good supplemental sources of fiber include chia seeds, Psyllium, and ground flaxseeds. Make sure to ingest a good amount of water...around 8 to 10 ounces per serving of fiber...so you don’t plug up your bowels!

Avoid getting sick from the stress

As is the case with most conditions, stress can be a big factor when it comes to how well your gut is doing its job. Stress can have a negative effect on your digestion. So it’s important to tune into the factors in your life that are causing you stress and to look for ways to reduce those sources of strain.

Common IBS symptoms to look out for

- Constipation
- Diarrhea
- Mucus in stools
- Flatulence and abdominal rumbles
- Nausea
- Headache
- Intolerance to certain foods
- Gurgling and rumbling of the abdomen
- Abdominal pain and cramping, usually either relieved by going to the bathroom or brought on by it
- Burping
- Heartburn
- Alternating constipation and diarrhea
- Occasional vomiting
- Painful sexual intercourse (dyspareunia)
- Fatigue
- Feeling full easily
- Depression
- Anxiety
- Frequent urination
- Painful periods
- Irritation of the rectum
- Insomnia
- Mental “fog”
- Unpleasant taste in mouth
But, let's face facts. No one's life is 100 percent stress free. So it's also important to have outlets that can help you reduce your stress level like exercise or other activities. The activities you choose to get involved in for stress relief aren't nearly as important as how they make you feel. Just make sure yours don't involve overeating or other unhealthy activities.

**Shine a light on overlooked infections**

An undiagnosed intestinal infection can lead to IBS. In fact, it's quite common. Take candida albicans for example. This yeast lives in the digestive tract of virtually every human being walking this earth. Normally candida doesn't cause problems, but if you introduce an antibiotic the tables can suddenly turn. The problem, of course, is that the antibiotic doesn't just destroy the bad bugs it destroys the good ones too. And once your gut flora is out of balance the candida can overgrow and become infectious. A high sugar diet or chlorine laden water supply also contributes to candida overgrowth.

The same type of overgrowth can happen with other bacteria in your small intestine as well. But no matter the bug, bacteria, or yeast that triggers it the results are the same...the classic IBS symptoms of gas, abdominal pain, and distention.

Your doctor can easily diagnose this problem with a procedure known as the Hydrogen Breath Test. You will be given a sugar...either lactulose or glucose...to eat. Then a number of breath samples are stored in a special bag and sent off to the lab for analysis. If it turns out that you have a hidden candida or bacterial infection then herbal antibacterial agents and probiotics can be used to reduce the level of the bacteria in your small intestine.

**Look what came with dinner**

Now let's get back to that unwelcome dinnertime surprise I hinted at earlier. I admit it's not a popular topic...but it's an important one. I'm talking about parasites that can infect you in a number of ways, including hitching a ride inside on your fork.

Not surprisingly parasites are the number one thing that's guaranteed to gross my patients out when I review their stool test results. Until that point most people think of parasites as a third world problem, and it certainly is with hundreds of millions of people harboring parasitic infections, especially poorer nations because of poor sanitation. However, the uncomfortable truth is that in America they're a lot more common than you would expect. In fact, they affect millions here every year.

Most people who have parasites are unaware of their infection. They, and their doctors, assume that since they don't have extreme digestive symptoms such as gushing diarrhea, blood in their stool, fever, or weight loss that it's not a possibility. They're wrong. And, unfortunately, relying on traditional lab tests alone can be tricky because unless it's a severe infection the traditional test can miss detecting the parasites. You see the bugs often attach to the wall of the digestive tract and this means that they may not always be present in the stool.

I have had good results using a newer technology which utilizes DNA analysis to identify a variety of parasites. It's a much more sensitive test than what laboratories currently use in their analysis. In the case of Sam that I told you about at the beginning of this article we found he had two different parasites, one of which was a type of worm. Using a combination of medications, anti-parasitic herbs, and a probiotic we were able to eliminate Sam's ten-year-old problem in just four weeks!
Simple wheat germ extract revealed to be a powerful cancer fighter

There’s a natural and powerful anti-cancer therapy hiding in a common food that’s practically unknown to almost every oncologist in North America. Yet, if you travel to a country such as Hungary you will find that it’s an accepted therapy by cancer specialists. I’m talking about fermented wheat germ extract (FWGE). This special extract is different than the wheat germ oil you’ll find on the shelves of your local health food store.

FWGE was developed by Dr. Mate Hidvegi, a Hungarian chemist, in the 1990s. He was following up on the work of Dr. Albert Szent Gyorgyi who received the Nobel Prize in Medicine in 1937 for the discovery of vitamin C and the life-sustaining processes of cellular metabolism. Dr. Gyorgyi theorized that substances known as benzoquinones, (also known as DMBQ’s), play a critical role in glucose metabolism. Before completing his work in this area he died in 1986.

Dr. Mate Hidvégi followed up on this research with a team of scientists. He developed a patented process of fermenting wheat germ with baker’s yeast. The result was a well-researched natural substance with more than 100 studies described in over 20 peer-reviewed medical journals.

For example, it has been studied at UCLA, General Clinical Research Center and Clinical Nutrition Research Unit as well as The Scientific Program, NATO. Many of those studies explored its use for the complementary treatment of cancer.

How FWGE works

FWGE has unique actions in the body that make it a powerful assistant in the fight against cancer. You see cancer cells thrive on glucose, using the sugar for fuel. But fermented wheat germ blocks those cells from gobbling up the glucose. It accomplishes this by inhibiting an enzyme known as glucose-6-phosphate dehydrogenase (G6PDH) which is required for glucose metabolism. Studies show it can inhibit this enzyme by up to a stunning 95 percent. Without a fuel supply the cancer cells are unable to grow and eventually they die.

But FWGE’s anti-cancer actions don’t stop there. Not by a long shot. In fact, the wheat germ hits cancer with not just one but two more cancer-killing punches. First FWGE reduces the amount of a specific protein found on tumor cells. When this protein is curbed it gives the body’s own cancer-killing immune cells the opening they need to attack the cancer cells more effectively. Second FWGE completes the job by supercharging the activity of certain immune cells that target tumors.

There are likely a number of components of FWGE that gives it its unique anti-cancer properties, but the best studied is a group of chemicals called benzoquinones. (I mentioned them earlier.) Wheat germ naturally contains some benzoquinones and the fermentation process causes their levels to skyrocket. And the higher the benzoquinones levels are the higher the anticancer potential of FWGE is.

Regular wheat germ extract doesn’t have nearly the levels of benzoquinones that the fermented version has and this is why the run-of-the-mill extracts don’t have similar therapeutic activity. And, most importantly, unlike chemotherapy and radiation FWGE is able to accomplish its anti-cancer effects without doing any damage to healthy cells in the process.

Let’s take a look at a couple of those over 100 studies on FWGE that I mentioned earlier. There are plenty to choose from, but let’s focus on just a few of the human studies today. These studies show an overall improvement in survival, disease-free survival, and improved quality of life.

Kicking colorectal cancer

Hungarian researchers tested the effect of FWGE on sixty-six patients with colorectal cancer. The volunteers received FWGE supplementation for more than 6 months while 104 control patients received traditional anticancer therapies alone. By the end of the study 23 percent of the patients receiving conventional cancer treatments had their cancer spread. In sharp contrast, only eight percent of the FWGE patients saw their cancer spread.
Melanoma meets its match

In one randomized clinical trial patients with melanoma were given standard chemotherapy or chemotherapy plus FWGE for one year. After a seven-year follow up period, researchers found that patients who had taken FWGE were half as likely to die from melanoma during this time.³

Opting out of oral cancers

There’s very little research available on natural products for cancers of the mouth and neck so I was pleased to uncover such positive research on FWGE. Researchers followed 22 patients with oral cancer who took FWGE and compared them with 21 patients not receiving FWGE. Those who took FWGE reduced the risk for cancer progression by a stunning 85 percent.⁴

In fact, FWGE’s abilities to fight the spread of oral cancer are so impressive that when the Hungarian Association of Oral and Maxillofacial Surgeons reviewed the research they sung the fermented wheat germ’s praises saying:

“For patients suffering from head- and neck tumors—primarily malignant tumorous diseases of the oral cavity, the progression of the disease can be slowed significantly, the five-year survival rate increased considerably, the quality of life improved, and the oxidative stress on the patients reduced by the long-term application of the supplementary formula Avemar (FWGE). The Association considers the supportive treatment with the formula Avemar as an important part of the complex therapeutic protocols applied in stages II, III and IV of malignant tumorous diseases of the oral cavity.”⁵ I’d call that a ringing endorsement.

Curb chemo infections

One of the many risks with chemotherapy is the suppression of your white blood cells which fight infection. FWGE was found, in one study, to have the ability to head infections off at the pass in children and teenagers undergoing chemotherapy. When researchers followed 22 kids and teens who were being treated for different types of cancer they found that those who received FWGE had significantly fewer infections and fevers while receiving chemotherapy.⁶

Leave behind lung Cancer

At the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center an open trial with 16 people with lung cancer who were receiving standard cancer therapy was supplemented with FWGE. Patient’s symptoms and quality of life were monitored with a questionnaire. Researchers found a significant improvement in the overall state of health including a reduction in fatigue and pain, and an improvement in appetite and emotional state.⁷

Ban breast cancer

In 2004 Hungarian researchers put FWGE to the test against human breast cancer cells. When the fermented wheat germ was combined with the estrogen-blocking breast-cancer drug Tamoxifen it increased the rate of cancer cell death.⁸

Beat rheumatoid arthritis

Over the years I’ve told you about a number of natural substances that may help with the treatment of rheumatoid arthritis (RA) including collagen, MSM, fish oil, and turmeric. It looks like we might need to add FWGE to that list.

Interestingly, FWGE has been shown in preliminary studies to help people with their RA symptoms. In a year-long study patients with RA had a significant reduction in stiffness at their six- and 12-month follow up. Half of the participants were even able to reduce the amount of steroids they were taking.⁹

Dosage and usage details

In the morning before breakfast I generally recommend, taking one packet containing 8.5 to 9 g of FWGE daily mixed with eight ounces cold water or any other beverage that contains less than 10 mg vitamin C per eight-ounce serving. Store the packets at room temperature or in the refrigerator. It’s also available in tablets. The typical tablet dosage is 5 tabs twice a day on an empty stomach.

Side effects are very uncommon with FWGE. Some people occasionally have minor digestive upset and that can be relieved by dividing the dose in half twice daily.

Be sure to not take vitamin C supplements or beverages containing high amounts of vitamin C within two hours of ingesting FWGE. If you are pregnant, a nursing mother, have had an organ or tissue transplant, are suf-
The up-and-coming heart health superstar that everyone will be talking about

**Put the MEGA into your OMEGA**

It's the biggest success story in natural health: Heart-friendly omega-3 fatty acids are now so widely used that they've become one of the best-selling supplements in the entire nation.

For once this isn't the power of marketing at work. It's a triumph of science—and a triumph for natural health, as the millions of people who take these essential fatty acids see the results for themselves.

But what if I told you there was “another omega” out there...one that's showing so much promise in early research that it might actually turn out to be even better than the omega-3s for cardiovascular health you've come to depend on?

I know—that's a little hard to believe. And I wouldn't blame you for a minute for being skeptical. I was a doubter myself... at first. Then I saw the research that made me a true believer—research that could greatly impact the way we approach heart health in the very near future.

And it started in the most unlikely place...

**A fried chicken restaurant!**

OK, now I know you think I'm pulling your leg... along with your wing, thigh, and drumstick. After all, fried chicken might be delicious—but it's the farthest thing in the world from anything that could possibly be healthy.

It's not the chicken itself that's so bad for you. It's the fats in the deep-fryer—fats that are absorbed by the breading, skin, and even the chicken meat itself.

And you should see what they do to deep fryers. Anyone who's ever worked in a restaurant will tell you that cleaning those things at the end of the night is the worst job in the kitchen.

Well, one restaurant owner who was famous for his fried chicken was tired of the mess. So he asked a friend for help—a biochemist with 30 years of experience who knew a thing or two about how fats and oils work on a molecular level.

And after dumping just about everything he could think of into the deep fryer, he was stumped. Nothing could eat through that greasy buildup.

Then, almost as a last resort, the biochemist tried a completely natural oil he had read about.

Did it work? Did it ever! And if the story ended there, it would be great news for the fast food industry...but I wouldn't be writing to you about it today.

So of course, the story doesn't end there. The biochemist began to wonder what a natural oil that can clean kitchen machines might do if it was used in another “machine.”

That “machine” is YOU...

**The human “machine”**

The biochemist recruited some of his fellow scientists to look into this—and not just any old scientists. He hired some of the best on the planet to perform this study: The crack research team at the world-famous Cleveland Clinic who are leading researchers in medicine, specifically cardiovascular health.

Now, you know how it is with science. You don't go

References available on page 18
right from the deep fryer to experiments on humans. You have to start with something else—something with a similar system to humans, but something that wouldn’t be missed if you had to chop them up at the end of the study.

And—sorry, rodent lovers—you start with mice.

More specifically, you start with mice that have been specially bred for cardiovascular research. And after 12 weeks, the same natural oil that cleaned the deep fryer clearly helped support cardiovascular health in these mice.

I saw the study at the time. It came with photos of the arteries, which you can see for yourself online—and believe me, you don’t need to be a doctor or a scientist to see the results.

Now this was a mouse study, so I’m waiting to see the results from future human studies to know this natural oil’s full potential. But trust me when I tell you that what I’ve seen so far is quite impressive.

So what was this “magical” oil? It was the other omega, of course. Specifically...

**Omega-7**

If you’re like most people, you’ve heard plenty about omega-3 and absolutely nothing about omega-7. But while this might be the first time you’ve ever heard of omega-7, it certainly won’t be the last.

As I write this, nearly all the major supplement makers are rushing to create their own omega-7 formulas. You’ll read about them in magazines and see doctors talking about them on television.

In fact, I wouldn’t be surprised if “omega-7” quickly becomes the next big buzzword in natural health. And as you have come to expect with *Health Revelations* I typically give you breakthroughs years ahead of any other source.

But there’s one thing you won’t hear about anywhere else—one thing all the high-priced marketing teams and even some of the TV doctors won’t talk about...but I will.

**Not all omega-7s are created equal!**

The omega-7 used in the study showed such promise in supporting heart health—but it came at a price: The form they used in the mouse study, which came from macadamia nuts, also contained higher levels of palmitic acid, an unhealthy saturated fat.

And, when all is said and done, macadamia nut oil isn’t even the best source of actual omega-7 anyway.

That got my own wheels turning, and I set out to find a better source of omega-7—one that’s low in unhealthy palmitic acid and high in the actual omega-7 everyone is trying to get.

And it’s in a form of fish oil that the other guys were throwing away.

It’s called Provinal™, and its levels of palmitic acid are seven times lower than what you’ll find in macadamia nut oils. More importantly, it’s got 22 percent more omega-7 content than the next highest source on the market today.

I’m not just a believer in this stuff. I’m a big believer—which is why Dr. Stengler’s Health Products made an exclusive deal with the creators of Provinal™ to make this available to my customers at the lowest cost possible, and I put it at the heart of my new formula, Provicor.

Because of this exclusive relationship, you won’t find this top source of omega-7 in any other doctor’s formula—so when you see omega-7 somewhere else, you know you might be getting something less.

Now, I could have just stopped there and called it a day—and it would be a pretty good day, too, since I truly believe omega-7 alone will change the face of natural health.

But that’s just not how I operate.

I know many people are tired of swallowing pill after pill after pill—even essential all-natural supplements—and the last thing I want to do is add yet another one to the list. Also, I recognize that there are many factors that contribute to cardiovascular health.

So I’ve combined the power of omega-7 with some of the biggest superstars in natural cardiovascular support.

Provicor isn’t one more pill to take—it’s an easy-to-swallow gel capsule that could actually reduce the number of pills you take by combining the great all-natural supplements you already depend on with the next big thing in heart health.

That’s why I think of this formula as a one stop shop for natural cardiovascular support. And just like a one-stop shop for cars would contain plenty of sparkplugs, Provicor contains plenty of coenzyme Q10.

After all, this essential enzyme is literally...
The sparkplug that powers your heart

That might sound like a wild exaggeration, but coenzyme Q10 kicks off the reaction that allows the body to convert nutrients into energy. This process is so critical to cardiovascular support that one major study on 2,359 patients found that volunteers who took CoQ10 saw improved heart function in just three months.

In addition, research has shown that, once converted into its antioxidant form in the body, CoQ10 can fight free radicals in the bloodstream.

It’s like having a team of trained Navy SEALS on your side.

Some people pay big money just for a quality CoQ10 supplement on its own. It’s worth every penny, too, in my opinion—but you don’t have to pay extra for it here. You’ll find 100 mg of this essential in every daily dose of Provicor.

And I didn’t stop there, either.

One of the things my patients ask me about most is a natural way to support healthy cholesterol levels. They’ve seen the commercials and read the newspaper reports and know they should be doing something...but what?

Well, there’s the usual approach of diet and exercise. And as you know I am not a fan of the conventional approach that only targets cholesterol. But if you’re like my patients, you’re already doing that—and you want to do more. And if that’s your story, I’ve got just the thing for you:

The ancient secret backed by modern science!

It’s called Indian gooseberry, also known as amla. But it’s not the name that matters here—it’s what it does.

Let’s start with triglycerides. If you’ve been in to see your own doctor lately, he’s probably mentioned these blood fats, and with good reason: Triglyceride levels are an important heart health marker.

Clearly, you want to support healthy triglyceride levels naturally—and one recent small study found that AmlaMax may help do just that. In three months, this ancient secret from the Near East cut triglyceride levels by 21 percent in comparison to their starting values.

Think that’s good? This gets even better—because over six months, triglyceride levels plunged by 34 percent compared to their starting values.

Along with triglycerides, your doctor has probably also mentioned HDL cholesterol. And again, he’s right on the money if he does. HDL is known as the “good” cholesterol because it’s like a street cleaner for the arteries, sweeping LDL (“bad”) cholesterol out into the gutter.

Or, more specifically, out into your liver.

Clearly, it’s essential to get healthy HDL support—and in one study, volunteers who took AmlaMax saw a 16 percent increase in HDL levels in just 12 weeks.

As a doctor, I can’t tell you enough how big that is. HDL can be as stubborn as a cranky old mule. No matter how much you push, sometimes it seems like you just can’t get those levels to budge.

Now, if you’re a regular Health Revelations reader, you know HDL, LDL, and triglycerides are just three pieces of the cholesterol puzzle. They’re important—but there’s so much more to heart health than just tracking those levels on a chart and watching them rise or fall.

The other pieces of that puzzle involves a few things your own doctor probably isn’t talking about—yet—including oxidation and particle size. And in my opinion, one of the most important pieces of all is...

INFLAMMATION

If I could pick just one thing to measure—total cholesterol or inflammation—I’d go with inflammation every time, because those levels tell me so much more than all the cholesterol tests in the world combined.

A critical marker of inflammation is CRP, or C-reactive protein—and once again, AmlaMax is showing great promise here. In one of the studies mentioned above, volunteers who took this extract saw a 35 percent plunge in CRP levels in three months.

Some of the most promising studies on AmlaMax, including the ones I just mentioned, used levels of 500mg a day—and that’s exactly what you’ll find in each daily dose of my Provicor.

But I’m not a believer in putting all my eggs in one basket, especially when it comes to supporting heart health. So as great as AmlaMax is, I also included some backup—and it’s the healthy plant sterols many people already swear by.

Plant sterols inhibit the body’s ability to absorb cholesterol in the intestines, which may be why one major
analysis of 84 clinical trials confirmed that they can help support healthy LDL levels.

And believe it or not, I still didn’t stop there.

You’ve heard a lot in recent years about the healthy polyphenols in grapes and especially wine. What you don’t hear as much is that wine itself is actually a lousy source of those great polyphenols.

In fact, you’d have to drink hundreds of bottles a day to get some of the amounts used in top studies.

That’s not just impossible—it would be deadly to even try.

Well, thanks to Provicor, you can now get healthy levels of grape seed polyphenols without swallowing a drop of alcohol—because I’ve included some of the best of the best in the form of MegaNatural-BP.

MegaNatural-BP is a blockbuster blood-pressure supporting compound made from the polyphenols found in grape seed extract—and in one double-blind clinical trial, volunteers with normal blood pressure levels who took it enjoyed a significant dip in both systolic and diastolic blood pressure.

Patients who took a placebo, on the other hand, saw no real changes at all.

All-in-one heart support

Provicor—featuring the groundbreaking heart-support of omega-7s—is an all-in-one exclusive formula you won’t find anywhere else. It can help support healthy LDL cholesterol, HDL cholesterol, triglycerides, blood pressure, CRP levels, and supercharge your heart’s energy all at the same time.

Normally, I’m not one to brag. But I can’t help but be proud of Provicor—and I’m so confident that it can help you that I want you to try it risk-free. So here’s the deal: Set your expectations as high as you want...and if Provicor doesn’t meet or even exceed those expectations, send it back to me.

Even if you’re down to the very last capsule—send it back, and I’ll refund every penny.

You won’t find an offer like that anywhere else. If you’re ready to take me up on it—if you’re ready to see what Provicor can do for you—give us a call at 1-800-539-1447 and be sure to use your special promo code G653P201 to make sure to get your exclusive Health Revelations subscriber discount of 10 percent off the regular price of $69.95.

References available of page 18

Protect your brain with the two MUST-HAVE nutrients for fighting Alzheimer’s

M ost times when you are treating Alzheimer’s, it’s the family that sees the improvement—or decline—not the patient. And for one in eight of those families, the drugs promoted by Big Pharma are especially disappointing. The truth is there’s little the medical community has to offer to prevent or treat this disease.

But, as I always say, “when in doubt try a natural solution first.” You don’t need to take an ineffective drug with side effects when two natural ingredients that you can find at your local health food store are so great at fighting Alzheimer’s. And unlike those drugs they actually target the core of this terrible disease.

Oh, and I should also mention that they do it at a fraction of the cost of those over-hyped Alzheimer’s meds. I’ll tell you more about these natural brain-savers in just a moment, but first let me explain what’s happening inside someone’s head when they develop Alzheimer’s disease.

Alzheimer’s is a progressive brain disorder. It begins with memory loss and eventually leads to dementia and death. Once you reach age 85, you have almost a 50 percent chance of having this dreadful disease. It targets the part of the brain known as the hippocampus, the area responsible for memory and intellect. In a person with Alzheimer’s, the brain nerve cells es-
sentially die. Protein pieces called beta-amyloid clump together and form plaque. This plaque blocks nerve signals and is thought to cause inflammation. This is where those natural brain-savers that I mentioned earlier come into play. These compounds help to clear away the brain-attacking plaque.

Defend against Alzheimer’s with this superstar vitamin

The connection between vitamin D and Alzheimer’s risk isn’t new. In fact, according to a study published in Archives of Internal Medicine in 2010 people with low vitamin D levels are also likely to have cognitive problems.¹ Now exciting new research, published in the Journal of Alzheimer’s Disease, shows the path that vitamin D and turmeric use to clear beta-amyloid from the brain!

Work done in the researchers’ lab showed that vitamin D3 and turmeric extract can help open a specific channel within immune cells. Once the channel is open the beta-amyloid can be swallowed up and removed. Vitamin D is able to open these channels in two types of immune cells and curcuminoids in one type.² This is nothing short of amazing and these exciting findings will fuel the next generation of Alzheimer’s research.

My experience through testing thousands of patients is that most people require 5000 IU of extra vitamin D daily. Your doctor can monitor your levels. It’s certainly one nutrient you don’t want to run low on, especially in light of this new research on Alzheimer’s disease.

Protect your brain with this treasure from India

Turmeric is a natural subject for Alzheimer’s research. It has compounds in it called curcuminoids that fight inflammation. And, in fact, research on how the spice might be able to protect the brain began over a decade ago.

Alzheimer’s is much less common in India. The country has one of the lowest rates of the disease in the world. U.S. researchers felt that something in the diet might be the reason for the lower rates.

Alzheimer’s is much less common in India. The country has one of the lowest rates of the disease in the world. U.S. researchers felt that something in the diet might be the reason for the lower rates.

The researchers looked at people in a town in India who were over 65 and that had signs of the disease, and compared them to a group in a Pennsylvania town, where most people eat little—or no—turmeric. The results were startling: in India, just 4.7 per 1,000 person-years (a common measure of incidence rate) showed signs of Alzheimer’s, compared with a rate of 17.5 per 1,000 person-years in Pennsylvania.³

Another study, from the National University of Singapore, involved 1,010 people over age 60. Those who ate curry “often or very often” or even “occasionally” scored higher on mental performance tests than those who rarely or never ate it.⁴

Turmeric is good for your brain and entire body. I encourage my patients, especially those over age 50, to eat one or two teaspoons a day. There are many ways to use this spice in your regular diet. Sprinkle it into egg salad or over vegetables while sautéing...add it to soups or broths...put it on fish or meat...use it to flavor rice or a creamy vegetable dip...or add it to your favorite protein shake. Be sure to look for an organic source such as, one of my favorites, Great Organic Spices (www.GreatOrganicSpices.com).

If you’re not a fan of the flavor of turmeric I’ve got good news. You can get even more bang for your turmeric buck by taking it as a supplement. In my clinic I usually recommend a time-release formula. Take one tablet two times daily for prevention. And if you or a loved one is already taking a prescription drug for Alzheimer’s, you’ll be happy to know there’s no known risk in mixing turmeric with these medications. Of course, if you’re on any meds you should always consult with your doctor before adding something new.

Revitalize brain cells with...rosemary?

A study published in the journal Therapeutic Advances in Psychopharmacology didn’t focus on Alzheimer’s, but is still worth mentioning. Researchers found that healthy volunteers performed better on mental math tasks when exposed to one of the main components of rosemary essential oil.⁵

Volunteers were asked to complete math questions while sitting in a cubicle that smelled of rosemary. It turns out that those volunteers who absorbed more of the rosemary into their bloodstreams were able to complete the questions faster and with more accuracy than those who absorbed less.

I will keep my eyes open for any new research on using rosemary to promote brain health. I have a hunch that it will soon join vitamin D and turmeric on my
“must have” nutrients for fighting Alzheimer’s. You can find rosemary essential oil in health food stores.

**Keep your mind super sharp with exercise**

My final brain-sharpening tip is all natural, but it’s not a food or supplement. According to studies keeping your brain active with reading, crossword puzzles, and other mentally stimulating activities also can help keep it firing on all cylinders.

Cognitive stimulation therapy (CST) is one interesting brain exercise that mainstream medicine often overlooks. Despite the scary name, CST is simply good old-fashioned group talk therapy. The sessions usually revolve around a theme like food, current affairs, or childhood. The conversations are designed to challenge the participants and exercise their brains, but be enjoyable too.

One group of people with dementia (not necessarily Alzheimer’s) took part in seven weeks of initial CST plus up to six more months of weekly CST sessions saw benefits. The therapy helped improve their cognitive function. And both the patients and their caregivers reported a big jump in their quality of life.6

I believe natural medicine will be the key to Alzheimer’s prevention and treatment. Start using vitamin D and turmeric in your daily routine. Try scenting your home or workplace with rosemary oil. And be sure to exercise your noggin daily with brain-stimulating activities.

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**The bitter truth about artificial sweeteners and cancer**

You probably know aspartame by its brand names NutraSweet and Equal. The popular artificial sweetener is a staple on restaurant tables around the world. It adds the sweet taste to diet soda, instant tea, sugarless candy, and chewing gum. Heck, it’s even dumped into over-the-counter cough syrups and liquid pain relievers to make them syrupy sweet.

Aspartame is popular because it tastes similar to sugar but adds no calories to foods. According to the Calorie Control Council the fake sweetener is used in more than 6,000 products and it’s eaten by more than 200 million people around the world.1 And while it’s classified by the US Food and Drug Administration (FDA) as a “general purpose sweetener” I prefer to call it “bad news.”

Aspartame sounds fine and dandy—until you start looking at its sordid past and the results of a very concerning recent study. Researchers at Brigham and Women’s Hospital and Harvard Medical School conducted this recent test. It looked at the relationship between drinking regular and diet soft drinks and risks of lymphoma and leukemia in more than 77,000 women and 47,000 men over 22-years. Researchers found that drinking more than one serving of diet soda a day was associated in certain groups with increased risk of developing leukemia, multiple myeloma, and non-Hodgkin’s lymphomas compared with participants who do not drink as much diet soda.2 More specifically it found that greater intake of diet soda was associated with:

- higher leukemia risk in men and women (pooled analysis)
- higher multiple myeloma risk (in men only)
- higher risk non-Hodgkin’s lymphoma risk (in men only)

The type of analysis done in this study doesn’t prove by itself that aspartame causes cancer. But it’s another great reason to avoid the sweetener. Or at least, use it sparingly. Aspartame eventually breaks down into formaldehyde a chemical that can cause cancer. The main source of this potential poison is diet soda.

**Your brain on aspartame**

Aspartame is made of two amino acids, aspartic...
acid and phenylalanine combined with a methyl ester group. Now you don’t need to remember all those 20
cent words. Instead, just remember that according to some reports aspartame may wreak havoc on your
brain and nervous system. Some critics of the sweetener believe that it acts as an excitotoxin—a chemical
substance that damages neurons by stimulating excess activity. It’s also been widely reported that the Food and
Drug Administration (FDA) has received more than 10,000 complaints about aspartame. These complaints
included headaches, dizziness, and even seizures.

**Don’t settle for sucralose**

Sucralose, known by the retail name Splenda, is a common artificial sweetener in the US. No long-term human
studies have been conducted on Splenda. And the studies done on animals aren’t reassuring. They reveal links to re-
duced thymus growth rate…enlargement of the liver and kidneys…decreased packed cell volume…and increased
risk of cataracts. Admittedly, the amount of sucralose fed to the study animals was very high—yet there’s still a great
need for clinical studies on humans.

**Saccharin side effects?**

Saccharin, sold as Sweet’N Low and Necta Sweet, has been a controversial artificial sweetener since its intro-
duction in the early 1900s. Some users report reactions to saccharin, including itching, hives, headache, and di-
arrhea. A study done in the late 1970s showed that high doses can cause bladder cancer in male rats. Based on
those findings saccharin was banned in Canada (but they’re considering lifting the ban). In 1977, Congress
required warning labels for products containing saccha-
arin, although this requirement has since been repealed.

**Stevia is safe and sweet**

Americans have been tricked to believe that artificial sweeteners pose no risk. Here’s the truth: In sus-
ceptible people, artificial sweeteners may be associated with variety of health problems, from weight gain to
headaches to mood changes to possibly cancer. Why take unnecessary risks? There are all-natural alterna-
tives that can satisfy the pickiest sweet tooth, without adding unwanted calories.

*Stevia rebaudiana* (stevia) has been a popular natural sweetener in the US health food industry for the past 17
years. The plant grows in the rain forests of Brazil and
Paraguay, and in Asia. Stevia is up to 300 times sweeter
than table sugar and has almost no calories. I have found
it has no detrimental effects on blood sugar readings.

In studies, stevia lowered blood pressure in people
with mild hypertension and reduced blood glucose
levels in patients with type-2 diabetes. Also, an extract
from stevia leaves contains antioxidant polyphenol fla-
vonoids which protect against DNA damage, accord-
ing to a study published in the *Journal of Agricultural
and Food Chemistry*.3

Stevia is available in liquid, powder, and tablet form. To
sweeten an eight-ounce beverage, such as coffee, tea, or lemonade, you generally need to use only one
tablet, a pinch of the powder, or three to five drops of
the liquid. Follow directions on the label.

You can bake with stevia, substituting one teaspoon
of powder or liquid extract for each cup of sugar. Ste-
via can have a bitter aftertaste, depending on the brand
and amount used. Fortunately recent stevia extracts
have less of the bitter aftertaste that was once a prob-
lem. Even soda pop conglomerates Pepsi and Coca
Cola are introducing products sweetened with stevia.

**The xylitol option**

Xylitol is a white substance that looks and tastes like
sugar. You find the natural sweetener in fruits, vegeta-
bles, and the bark of some trees. The human body also
produces xylitol naturally while breaking down other
food sources. In the 1960’s it was approved as a food
additive by both the World Health Organization and
the FDA. Xylitol has 40 to 50 percent fewer calories
than sugar. It has no detrimental effects on blood sugar
levels and is safe for people with diabetes.

Xylitol has another surprising benefit. The sweet-
ener reduces the formation of cavity-causing plaque.
It does this by preventing bacteria from adhering to
the mucous membranes of the mouth and sinus and
helps to build tooth enamel. Xylitol is used in sugar-
free chewing gums, mouthwashes, and toothpastes—
products I buy for my own family.

This natural sweetener works very well for bever-
age. However, xylitol should not be used for bak-
ing breads or other foods that contain yeast. In some
people, xylitol can trigger diarrhea. To avoid this, start
with a small amount and let your digestive tract adjust
to it gradually. Xylitol is available in powder form. One popular product is Xylosweet.

**The zero calorie fruit extract**

Lo han kuo (also spelled luo han guo) is the fruit of *Momordica grossvenori* plant, a member of the cucumber family that grows in southern China. For several centuries, the fruit has been used by practitioners of Chinese medicine to treat dry coughs, sore throats, skin conditions, digestive problems, and to calm the nervous system. People make tea, juice, soup, candy and cake from the dried fruits.

It contains no sugar or calories, and it’s safe for people with diabetes and hypoglycemia (low blood sugar). It doesn’t lose its sweetness when heated, so it can be used in baking and cooking. The FDA has approved lo han kuo as a “generally regarded as safe” (GRAS) food ingredient. There’s no known toxicity associated with this fruit extract. Lo han kuo products I find have a taste similar to maple syrup and leave no aftertaste.

One product that’s been popular with my patients is Lo Han Sweet made by the company Jarrow. It’s a combination of Lo Han and Xylitol. It can be found online and in health food stores.

References available of page 19

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**The secret sinister cause of heart disease and cancer revealed**

For years conventional and holistic doctors have been measuring a blood marker known as C-reactive protein or CRP. The reason is that this protein, produced by the liver, reflects the amount of inflammation occurring in the body. And we know that chronic inflammation is associated with almost every chronic disease from cancer to arthritis, diabetes to heart disease, macular degeneration to osteoporosis, and more. When your body is in a state of chronic inflammation it leads to immune system dysfunction and cell/organ destruction. So the level of CRP on a blood test lets you know what your general level of inflammation is. An ideal value is less than 1.0 mg/L.

**Going where no test has gone before**

Like many things in medicine, laboratory testing is constantly progressing. And while CRP has been helpful in identifying acute and chronic inflammation, there’s another blood marker that helps us peer into the world of inflammation. And it’s one your doctor might not have even heard of before. The marker has a kind of futuristic Star Trek sounding name. It’s known as galectin-3. Galectins include a group of proteins that bind to carbohydrates (molecules containing long sugar chains) known as beta-galactosides. Galectins play an important role both inside and outside of human cells.

So far there have been 15 different types of galectins identified. And we now know that galectin-3 plays an important role in inflammation and our body’s immune response. More specifically it promotes inflammation, fibrosis (excess fibrous connective tissue in an organ or tissue), kidney disease, obesity, and cancer metastasis. And as it turns out, it’s an excellent marker for cardiovascular risk such as heart failure.

Remember I said earlier that CRP reflects inflammation in the body? Well galectin-3 is somewhat different. Instead of just reflecting inflammation galectin-3 is actually a direct marker of it. And since it’s involved in creating the inflammatory response it can be a better predictor of the outcome of a disease. This is so important because it means that doctors like me that practice preventative medicine can use the marker to see how well our interventions are working and to adjust our approach. In other words, we can try to head diseases like cancer and heart disease off at the pass and keep them from getting worse.

**Helping to head off heart problems**

Now let’s look at some of the research behind galectin-3 and heart health. One study that caught the attention of the medical world, well some cardiologists at least,
Know your natural options

Your holistic doctor has a number of natural options available for treating your heart disease and knowing your galectin-3 levels will help him make the choice that’s best for you. This includes therapies such as enhanced external counterpulsation (EECP). EECP uses mechanical cuffs that gently but firmly compress the blood vessels in the lower limbs to increase blood flow to your heart allowing your heart to pump blood more easily and efficiently. Your doctor may also use heart specific nutritional supplements such as coenzyme Q10, L carnitine, magnesium, hawthorn extract, ribose, and taurine.

Dr. Stengler’s Guide to Conquering Disease • 13
Imagine you go to the hospital to get some stitches for a cut, antibiotics for an infection, or God forbid something more serious like a heart attack or a surgery. You receive excellent treatment and you’re on the way to recovery…but then you notice your abdomen starting to swell like a balloon. Soon severe abdominal pain causes you to writhe in pain and you have a fever and diarrhea accompanied by blood or pus in your stool.

You’ve just become yet another victim of a growing health problem that kills almost as many people as car accidents each year in the US. And while it kills approximately 30,000 people a year the problem actually affects 500,000 people a year. I’m talking about *Clostridium difficile*, often referred to as *C. difficile*.

Are you at risk for this super infection?

*C. difficile* bacteria can cause a variety of digestive symptoms ranging from diarrhea to life-threatening inflammation of the colon known as colitis. Rates of infection from this nasty bug have been increasing at an alarming rate the past decade. If you don’t know someone who has had this problem you will.

The fact is *everyone* is susceptible to this infection, but you’re even more at risk if you fall into any of the following groups:

- you have cancer or another immune-compromising condition
- you are hospital bound or in a long-term care facilities
- you are taking antibiotics
- you have recently had abdominal surgery or a gastrointestinal procedure
- you have a colon disease such as inflammatory bowel disease or colorectal cancer
- you have had a previous *C. difficile* infection

Seniors are even more susceptible to the bug than other adults with 25 percent of frail elderly people who get a *C. difficile* infection dying from it. And, frighteningly, the number of kids getting these infections is skyrocketing. A recent study found a 12-fold increase in *C. difficile* among children with a stunning 3 out of 4 of the infections contracted outside of hospital settings.

Incredibly, about 20 percent of people who are hospitalized acquire *C. difficile* during hospitalization. More than 30 percent of those infected go on to develop diarrhea. If you have diarrhea within two months of receiving antibiotics, or if you experience diarrhea within 72 hours after being hospitalized, you should be tested for *C. difficile* infection.

Bacteria…the good, the bad, and the ugly

These bacteria exist throughout the environment in soil, water, and animal and human feces. *C. difficile* is...
Mainstream medicine goes natural

One “natural,” and perhaps cringe-worthy, solution that’s been accepted by conventional medicine is a “stool transplant.” A healthy donor’s stool (and of course the friendly bacteria it contains) is placed in your colon by a gastroenterologist with a scope or special tube that goes down the nose. This increasingly popular procedure increases the good bacteria locally within the colon allowing them to overtake the C. difficile.

present in two to three percent of healthy adults and in as many as 70 percent of healthy infants who never develop symptoms and do not require treatment. This red flag tells me that the balance of our good bacteria (flora) plays an important role in protecting us against this opportunistic villain.

When levels of good bacteria in our gut get too low, C. difficile thrives and produces toxins that inflame the colon. This is why consuming cultured foods rich in good bacteria known as probiotics (yogurt, miso, tempeh, kefir, sauerkraut) as well as prebiotics that feed your good bacteria (Jerusalem artichoke, onions, leeks, peas, beans, garlic) are so important in preventing intestinal infections.

As conventional medicine has learned the hard way, when you overuse antibiotics bacteria can literally become resistant to the drugs. This is one of the biggest challenges we face with C. difficile. The bug has become resistant to most of our common antibiotics making it much more difficult to treat. And that’s not the only harm antibiotics cause. These drugs also alter your gut flora by wiping out the protective good bacteria. This turns your gut into the perfect, breeding ground for C. difficile to thrive. You should always avoid antibiotics unless they’re absolutely required!

How the creeping crud spreads

As disturbing as it is to think about C. difficile is spread through fecal contamination. When someone doesn’t wash their hands well enough after using the bathroom they can quickly contaminate surfaces such as telephones, remote controls, medical equipment, bathroom fixtures, light switches, chairs, tables, door knobs, and other frequently touched items. The spores from the bacteria are hearty and can survive for months on these types of surfaces. If you happen to touch a contaminated surface and then later touch your mouth the bugs can end up in the intestines where the damage occurs. This is why frequent hand washing with soap and lots of scrubbing is so important and why the surfaces of hospitals, clinics, nursing homes, and other frequented centers should be cleansed regularly.

The best test to find out if you’re infected with C. difficile is a stool culture. If you are infected speedy treatment is required. First, if you’re taking an antibiotic that has caused this problem it should be stopped. For mild cases of diarrhea without a fever, abdominal pain, and no increase of white blood cells (determined by blood test) this alone can sometimes resolve the symptoms. (I of course would add probiotic supplementation into the picture, but more on that later.) If your symptoms are more than mild, one of two antibiotics that still work against C. difficile are generally used: metronidazole (oral or intravenous) or vancomycin (oral) for 10 days.

Unfortunately, about one-third of people treated with antibiotics have a relapse within 3 to 21 days after the treatment is discontinued. One desperate patient who came to see me had been having relapses on and off for almost an entire year! Repeated rounds of antibiotics could not clear her infection. Fortunately my natural treatment eradicated the problem within just a couple of weeks.

Probiotics to the rescue

In my experience using probiotics during and after antibiotic therapy will dramatically decrease the relapse rate. It’s a shame that it’s not standard protocol. Without changing the environment of the gut and populating it with “intestinal soldiers” you are often fighting a losing battle.

If you have a current infection or a history of infection I can’t stress how important it is for you to supplement with the probiotic Saccharomyces boulardii (S. boulardii). This non-harmful yeast has been shown in studies to prevent antibiotic-associated diarrhea. A review of studies published in the highly respected American Journal of Gastroenterology found that yeast was effective in preventing antibiotic-associated diarrhea found in C. difficile infection.
The probiotic has also been shown to reduce the risk of recurrence of C. difficile when taken in combination with the antibiotics metronidazole or vancomycin.\textsuperscript{7,8,9} Research even suggests that S. boulardii helps decrease the toxicity of C. difficile by producing a protein-digesting enzyme that neutralizes the toxins produced by the C. difficile.\textsuperscript{10}

But, unfortunately, despite all the research that clearly shows how beneficial S. boulardii is in these super infection cases it’s rarely ever used by conventional doctors. That’s a real shame since this inexpensive probiotic could greatly reduce the suffering of many and may even save lives.

To prevent C. difficile infection…especially if you’re taking antibiotics in an environment such as a hospital or nursing home or if you’ve had a previous C. difficile infection…I recommend taking 5 billion S. boulardii organisms twice a day. If you have an active C. difficile infection you should take 5 to 10 billion organisms twice a day a few hours apart from your antibiotics.

**More effective natural solutions**

C. difficile is a serious matter. Don’t settle for antibiotic therapy alone to treat this super infection. In addition to S. boulardii I also recommend taking a broad spectrum probiotic to boost the levels of immune-enhancing probiotics in your gut. A good choice is one containing the well-studied *Bifidobacterium longum* BB536 strain.

Another natural compound that has helped my patients eradicate C. difficile is colloidal silver. It has a broad-spectrum antimicrobial effect that doesn’t seem to damage the good intestinal bacteria like antibiotics do. A good choice is Sovereign Silver. Take one teaspoon three to four times a day.

I have also found certain homeopathic remedies can help get symptoms such as diarrhea and abdominal pain under control quickly.

Three of the more common ones are:

- **Arsenicum album**—for symptoms of diarrhea accompanied by blood, fever, and chills
- **Mercurius**—for burning and spasming of the digestive tract.
- **Sulphur**—for explosive, burning diarrhea that has a very foul odor.

A local naturopathic doctor or practitioner schooled in homeopathy can help you make the choices that are best for you.

Lastly, millions of Americans take acid-suppressing medications known as proton pump inhibitors (PPIs) for acid reflux. Common examples include Aciphex, Dexilant, Nexium, Prevacid, and Prilosec. The FDA issued a statement in February of this year warning that their use may be linked to an increased risk of C. difficile diarrhea.\textsuperscript{11}

The reason for the link between C. difficile and PPIs is not entirely clear. It’s possible that stomach acid acts as a natural barrier to bacteria like C. difficile preventing them from easily entering the digestive tract. Remember, the infection normally makes its way in through the mouth and down through the stomach and intestines. When you suppress your stomach acid you have removed an important barrier to intestinal infections. If you’re taking these medications and have diarrhea see your doctor immediately. And, of course, since most people can resolve their acid reflux with diet changes and weight loss I recommend working with a holistic doctor to resolve your acid reflux naturally.

References available of page 19
Hippocrates once said “Let food by thy medicine.” Now a new study allows us follow that sage advice when it comes to high blood pressure. Recent research has uncovered a food so powerful that it actually competes with the strongest of pharmaceutical hypertension medications. It’s the traditional Spanish cold vegetable soup called Gazpacho.

According to researchers, people who consume this soup on a regular basis have overall blood pressure readings that are 27% lower than people who eat little or no gazpacho. The scientists believe the benefit comes from the nutrients found in the raw vegetables, namely carotenoids, vitamin C, and antioxidants that reduce the damage done by free radicals in other foods we eat and in the air we breathe.

I believe the soup is also effective because of the large amount of potassium it contains. Potassium is a proven blood pressure lowering nutrient. The researchers believe that the synergistic blend of the foods is more powerful than any one ingredient and I absolutely agree.

Elevated blood pressure is the leading risk factor for death worldwide. It affects one in four adults globally and is expected to increase by 60 percent between 2000 and 2025. The statistics in America are even worse as this silent killer affects approximately one in three adults. Approximately 70 percent of Americans with high blood pressure take drugs to treat the condition.

I see patients all the time who are taking those medications and suffering their notorious side effects including fatigue, dizziness, and dry coughs. My goal is always to reduce or eliminate their need for these drugs using natural therapies. I’m adding Gazpacho to my list of effective natural approaches.

Making gazpacho at home is easy. Just choose organic produce and use a light hand with the saltshaker. For a nutritional boost, you can garnish the soup with slices of ripe avocado.

Heart Healthy Gazpacho

Eric Stengler, DO

Directions

In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, tomatoes, green onions, garlic, lemon juice, red wine vinegar, tarragon, basil, parsley, sugar, salt, and pepper. Blend until well combined but still slightly chunky. Chill at least 2 hours before serving. Makes 10 servings.
The stomach-turning trouble that could be lurking in your next meal

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Simple wheat germ extract revealed to be a powerful cancer fighter


The up-and-coming heart health superstar that everyone will be talking about
Put the MEGA into your OMEGA

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The sinister cause of heart disease and cancer revealed


27% lower blood pressure readings with “hypertension soup”

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