



Key Points

- Diabetes is a major factor in heart disease
- The real cause behind most heart attacks and strokes
- One-fifth of older people suffer from insulin resistance
- The compound that plays a key role in lowering high blood sugar
- The best protection for your heart?
- Green and white tea reduce blood pressure

PLUS

CASE STUDY:

Supplements bring man out of a coma

- Hot flashes linked to atherosclerosis

ASK DR. BLAYLOCK

- Vitamins to avoid if you have cancer

The Foods That Make Your Heart Its Best

Two of the leading killers in the United States, heart attacks and strokes, are diseases of the cardiovascular system, which includes the blood vessels not only supplying the heart and brain, but also those pumping blood to the rest of the body.

Heart disease kills more than half a million people each year; strokes claim nearly 150,000.

Keep in mind that those figures represent only the deaths from these tragic events. In fact, a far greater number of people suffer from disorders involving the cardiovascular system:

- 76 million with hypertension
- 8 million had a heart attack (myocardial infarction)
- 9 million with angina pectoris
- 7 million had a stroke
- 6 million developed heart failure

For most of these disorders, the risks go up tremendously as we age. But surprisingly, heart disease was also the third leading cause of death for those ages 25 to 44. When I was in that age group, dying from cardiovascular disease was the furthest thing from my mind.

While death from heart disease was by far the highest after age 65, even between ages 45 and 65 it is second on the list.

In this issue of The Blaylock Wellness Report, I will explain the real factors behind heart disease and stroke, and tell you how your diet can save you from these two prominent killers.

Heart Disease Deaths Have Increased Threefold

Geographically, coronary heart disease deaths are most prevalent in a narrow band of states extending from New York to Oklahoma. The incidence of a sudden heart attack is much higher in males than females, and that difference was much more pronounced among the elderly.

Death from a heart attack is highest in the southern states, especially Tennessee, Alabama, Louisiana, Mississippi, Kentucky, Oklahoma, Missouri, and West Virginia.

However, there is good news as well: Death from stroke is now 77 percent lower than it was in 1950, and coronary heart disease has declined by 75 percent in the same period. Most of



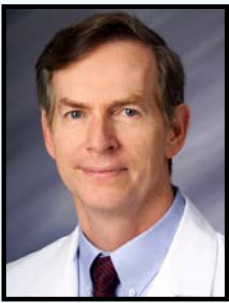
this improvement is due to a decline in smoking and the addition of vitamins and minerals to processed foods.

While these statistics are good news for most of the nation, they are actually deceiving. In 1950, deaths from cardiovascular diseases reached a peak of approximately 480,000 per year, having risen rapidly from approximately 200,000 a year in the 1930s.

Now we are seeing more than 600,000 deaths per year. If adjusted for population growth, this represents a modest decrease in rate, but it's still an increase in absolute numbers.

That is, there are three times more people

About Dr. Blaylock



Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C. For

26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," "Natural Strategies for Cancer Patients," and his most recent work, "Cellular and Molecular Biology of Autism Spectrum Disorders," edited by Anna Strunecka. An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation. He serves on the editorial staffs of the Journal of the American Nutraceutical Association, Surgical Neurology International, and the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons. He is also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine.

Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is a visiting professor of biology at Belhaven University, also in Jackson.

dying of cardiovascular disease today than in the 1930s.

Common Factors in Heart Disease

Among racial groups, blacks have the highest incidence of and death rates from strokes and heart attacks. The lowest incidence and mortality is in Asians.

Among nations, the highest incidence of and death rates from cardiovascular disease and stroke is in the Eastern European nations and Russia. This has been attributed to high rates of alcohol abuse, smoking, and very high levels of stress, especially during the Communist era, when industrial pollution was extremely heavy in the larger cities.

There is compelling evidence that pollution causes rapid, advanced atherosclerosis (hardening of the arteries) and inflammation in the heart muscle — adding considerably to the harmful effects of a bad diet, heavy smoking, and alcoholism.

If we examine the nations and groups with the highest rates of cardiovascular disease, we see a common set of factors emerging, including:

- Diabetes or prediabetes
- Hypertension
- High sugar intake
- Low intake of fresh vegetable
- Low magnesium intake

The common denominator among all these factors is a high level of inflammation that persists for a very long period. When stress levels are very high, as in the old USSR, rates of cardiovascular disease rise rapidly.¹

The Ukraine, Russian Federation, Hungary and Czech Republic have the highest rates of cardiovascular death in the world, and levels continue to rise. Death from cardiovascular disease is still more than six times higher in these areas than in aged-matched people in France.

Interestingly, the Chinese have seen an increase in the death rate from cardiovascular diseases in recent decades, even though they have low cholesterol. They also have a much higher stroke rate than Westerners.

A major contributor is the fact that the Chinese are heavy smokers, which dramatically increases inflammation. They are also exposed to high levels of air pollution.

Now let us look at the major factors and see what you can do to reduce your risk.

Diabetes and Prediabetes

A number of studies have suggested that having diabetes increases a person's risk of developing cardiovascular disease as much as 2 to 3 times, with the highest risk among diabetic women. (Diabetes is defined as having a fasting blood glucose greater than 125 mg/dl, or a significantly impaired glucose tolerance test.)

Most people think that diabetes is just a blood sugar disorder caused by not having enough insulin. Actually, it is much more complex than that.

The metabolism of carbohydrates in our bodies is intimately connected to fat metabolism. That is why the main cause for high triglyceride levels is a high intake of sugar or simple carbohydrates. Triglycerides are the source of small, buoyant LDL cholesterol — the type most closely associated with atherosclerosis.

When insulin levels are high and blood sugar is above normal, the body's cells, tissues, and organs produce great storms of free radicals, mainly because elevated insulin triggers inflammation.

Unlike Type 1 diabetes, in which the insulin levels are low, Type 2 diabetes often shows a very high level of insulin in the blood. This happens because the insulin cannot push glucose into cells where it can be used. This condition is called insulin resistance.

The cells then send a signal to the pancreas that they are still starving, so the pancreas releases more insulin. High levels of insulin trigger inflammation.

When blood sugar is out of balance over long periods of time, high levels of free radicals are created, resulting in special inflammatory molecules called advanced glycation end products (AGEs). These molecules can cause serious damage to cells.

Prediabetes is defined as blood sugar between 100 and 126 mg/dl. While there is a lot of talk about even prediabetes being a significant risk factor, a recent analysis of 18 of the best studies found that having prediabetes only modestly increased the risk of cardiovascular disease.²

Real Cause of Stroke and Heart Attack

We know that diabetes is associated with many health problems, including:

- Peripheral vascular diseases
- Ulcers
- Impotence
- Loss of vision
- Kidney failure
- Higher rates of heart attack and stroke

In each case, the condition is caused by chronic inflammation brought on by disrupted metabolism of carbohydrates, damaging the inside lining of blood vessels and weakening veins, making them leaky. Damaged blood vessels, especially microvessels, cause many of the complications in each of these diabetes-associated disorders.

Virtually all the damage caused by diabetes comes from high levels of inflammation, storms of free radicals and lipid peroxidation products, and increased coagulation of the blood.

Many medical professionals think that strokes and heart attacks occur when blood vessels are slowly blocked off by a dense buildup called plaque.

Actually, most heart attacks and strokes occur when the blood flowing through an artery suddenly clots.

In fact, studies have shown that many times the deadly clot forms at a site with much less constriction than the areas with the greatest plaque buildup.

When these areas of plaque buildup are highly inflamed (called unstable plaque) the risk of a clot is highest. But it's often not even related to the size of the plaque.

The reason this is important is that it explains why some people with only moderate constriction of their blood vessels can suffer a massive heart attack, while others with worse constriction are spared.

Insulin Resistance Is the Key to Cardiovascular Ailments

Chronic inflammation also explains why diabetics often have advanced atherosclerosis, even

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though many have normal cholesterol levels. When they eat foods containing fat, especially omega-6 fats (the so-called heart healthy fats), the fat is rapidly oxidized by free radicals. Only oxidized cholesterol is inflammatory, and oxidized omega-6 fats are very inflammatory.

The majority of people who die of cardiovascular diseases have Type 2 diabetes or insulin resistance.³ Studies show that 40 to 45 percent of people admitted to a hospital for an acute heart attack have insulin resistance or full-blown Type 2 diabetes, and one's risk of dying is directly proportional to glucose control.^{4,5}

In addition, one-fifth of older people have undiagnosed insulin resistance, which increases their risk of dying should a heart attack occur.⁶ Studies show that insulin resistance is often overlooked by physicians, even though it can be easily diagnosed with a glucose tolerance test.

The strongest link to both cardiovascular disease and insulin resistance is abdominal obesity. Keep in mind that a person can have a flat stomach and have abdominal obesity.

Weight loss significantly reduces the risk of heart attacks and strokes. It also reduces the risk of dying should they occur and can increase overall life expectancy.^{7,8}

Lifestyle modification, such as moderate exercise and reduced carbohydrate intake, can reduce Type 2 diabetes risk by 60 percent.⁹ Even minor reductions in fat weight pays big health benefits.

If a person has diabetes they need to do the following things to protect their health:

- Lower blood sugar
- Lower insulin levels
- Protect tissues and organs from free radicals
- Repair damage that has already been done

Luckily, there are a number of natural products that can correct the main metabolic problem that causes diabetes.

They are all very powerful antioxidants, and unlike the vitamin antioxidants, they can neutralize some of the most damaging lipid peroxidation products, which do a great deal of damage in diabetes.

Virtually all diabetics are deficient in magnesium. Yet it is rare that a doctor, even those who specialize in the treatment of diabetes, will tell their patients to

increase their intake of magnesium. And they almost never add magnesium to the IV of a hospitalized diabetic patient.

Worse yet, many heart disease medications severely deplete magnesium, which means that over the long term these drugs actually worsen the condition they are meant to treat.

Several newer studies have shown that magnesium deficiency increases the risk of developing metabolic syndrome — a disorder characterized by a combination of hypertension, insulin resistance, and elevated levels of triglycerides and other blood lipids. It is estimated that some 45 million Americans have this syndrome.

Combining dietary changes, moderate exercise, and magnesium supplementation can powerfully reduce one's risk of developing metabolic syndrome.

One word of caution: Blood magnesium tests are of little value, except in cases of the most severe deficiency. Why? Because 99 percent of the body's magnesium is found inside cells and only 1 percent in the blood.

This means that you can have a normal blood magnesium level and be significantly deficient in your tissues, where it counts. The best measure is an RBC magnesium level.

The Wonders of Alpha-Lipoic Acid

Another remarkable substance, called alpha-lipoic acid, also plays a major role in controlling blood sugar and protecting tissues and organs. This substance is found in every cell and tissue in the body. What makes it special is that it has the remarkable ability to protect against free radicals, even when it is oxidized.

In fact, one of its jobs is to keep other antioxidants, such as vitamin C and E, in a reduced

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and functional form (reduced refers to a chemical process that makes the antioxidants work).

Alpha-lipoic acid is also very efficient at lowering blood sugar when it is too high. I have given it to patients with Type 1 diabetes (insulin dependent form), and found that they can significantly reduce their dose of insulin.

Alpha-lipoic acid actually works with insulin to push glucose inside the cells.

I have also treated a number of people with Type 2 diabetes who were able to discontinue their anti-diabetic medications when taking alpha-lipoic acid.

But the really exciting thing about this supplement is that it not only corrects the problem with blood sugar, it also corrects the free radical/lipid peroxidation problem and promotes repair of the damage that had already been done.

Older forms of alpha-lipoic acid contained a mixture of R-lipoic acid and S-lipoic acid forms. The R-alpha lipoic acid form is the most potent and can be purchased as a high-purity supplement.

The oral dose of alpha-lipoic acid for diabetics can vary from 300 to 600 mg with each meal, depending on the severity of the disease. It has also been shown to improve peripheral neuropathy (including autonomic neuropathy), a severe complication of diabetes.

What to Eat for Heart Health

Now that we know that the main culprit in cardiovascular disease is inflammation, the next step is to understand how to reduce inflammation, neutralize free radicals, increase flow of blood in the vessels, and reduce the risk of blood clotting. So how can you accomplish these things with your diet?

1. Avoid omega-6 fats. These have been called “heart-healthy fats,” including corn, safflower, sunflower, peanut, and soybean oils. But they are not heart-healthy. In fact, these oils are converted in the body into a chemical called prostaglandin E2 (PGE2), which causes widespread inflammation.

Americans eat about 50 times more of these fats than is essential for good health. Most processed foods, even supposed “health foods,” use these oils.

2. Eat at least 10 servings of nutrient-dense fruits and vegetables each day. For loose vegetables, such as lettuce, one cup equals a serving. For denser vegetables, such as broccoli, a half-cup is a serving.

Studies have shown that for people under age

Magnesium: The Best Protection

Without question, magnesium plays a larger role in protecting against cardiovascular disease and stroke than any other nutrient. Low magnesium levels have been shown to result in widespread inflammation and poor antioxidant defenses due to lower glutathione.

Magnesium deficiency also makes the heart irritable (increasing the risk of sudden cardiac death), accelerates atherosclerosis, and increases the risk of death after a heart attack or stroke.

Black people have a much higher death rate from heart attacks and strokes than Caucasians, even though they have lower cholesterol levels. It has been demonstrated that they have lower magnesium levels, and this plays a major role in their increased risk.

The biggest problem in correcting magnesium deficiencies is poor absorption when taking some magnesium supplements — especially magnesium oxide. Poor absorption leads to diarrhea.

The best-absorbed form of magnesium is a slow-release capsule combined with malate or citrate, such as the Jigsaw brand. Taking two capsules twice a day will supply most of the magnesium one needs.

Foods highest in magnesium include vegetables, fruits, coffee, berries, and nuts.

70, 10 servings is optimal. For people over 70, up to 15 servings are beneficial. Because this is a lot of fruits and vegetables to eat every day, I recommend blenderizing at least some of your vegetables so you can drink them. This also greatly improves nutrient absorption.

Choose the most nutrient-dense vegetables such as cruciferous vegetables — broccoli, Brussels sprouts, cauliflower, and kale. It is important to steam cruciferous vegetables first to neutralize a thyroid-suppressing protein found in them.

3. Avoid white breads. Commercial breads, including many advertised as healthful, contain harmful additives. The healthiest loaf of bread you can eat is one that you make yourself. Eat no more than one slice a day. You should also avoid biscuits, pancakes, and other baked goods with baking powder, which is high in aluminum.

4. Avoid commercial artificial sweeteners. Substances such as aspartame, neotame, Splenda, and related products are not good for your body.

Stevia and Just-Like-Sugar are safe. The company that makes Just-Like-Sugar also has several excellent sugar substitutes for baking.

5. Avoid commercial salad dressings. These products often contain omega-6 oils, such as canola oil. As noted, these are easily oxidized and increase your risk of severe atherosclerosis. Use only extra virgin olive oil or coconut oil. Several companies will add your favorite spice or herb to the oil — such as garlic or rosemary. These herbs prevent oxidation of the small amount of omega-6 oils in olive oil.

6. Spices are healthy for you. Spices such as turmeric, thyme, rosemary, cinnamon, and others not only have powerful antioxidant effects, they also are antibacterial, improve insulin resistance, and protect the heart and brain. They can help you avoid the damaging effect of artificial additives such as MSG, hydrolyzed proteins, and caseinate.

7. Get plenty of fiber. By controlling absorption, fiber plays a major role in carbohydrate metabolism. If you increase your intake of vegetables and legumes (beans and peas), and add some fruits, you will keep a healthy balance of vegetable fiber, which is the most beneficial kind.

8. Avoid all excitotoxin food additives. In previous issues of The Blaylock Wellness Report, I have explained how glutamate receptors on the cells lining the arteries (called the endothelium) can become overactivated by such additives.

When this happens, it damages this delicate layer of cells, generating storms of free radicals and causing acceleration of atherosclerosis.

This results in a high risk of heart attack, stroke, peripheral vascular disease, hypertension, and damage to the heart muscle. It can also put you at great risk of developing an irregular heartbeat, which can lead to sudden cardiac arrest.

Studies Show that Green and White Tea Protect the Body

Special chemicals in teas, called catechins, have

been shown to protect the cardiovascular system. Unlike statins and other drugs, the catechins in tea reduce atherosclerosis risk by a great number of mechanisms, all of which work together.

For example, catechins can prevent excessive iron buildup, reduce iron and copper toxicity, neutralize free radicals, reduce lipid peroxidation, reduce abdominal obesity, correct blood lipids, strengthen the walls of blood vessels (especially microvessels), and control carbohydrate metabolism and absorption.

There is a strong link between obesity, hypertension, depression, insulin resistance, and poor cardiovascular health.

Wide-ranging research has exhibited the benefits of catechins in white and green tea. For instance, studies in Japan show that drinking 5 to 6 cups of green tea a day reduces the risk of heart attack deaths by 26 percent and stroke deaths by an incredible 51 percent.

This study was carefully controlled to make sure it was the green tea and not something else that was protective.¹⁰

A Chinese study found that habitual green tea drinkers reduced their risk of developing hypertension by 46 percent. Those who drank the largest amount experienced a whopping 65 percent reduction in risk.¹¹

As most people know, hypertension is a major risk factor for strokes. A catechin called epigallocatechin gallate (EGCG) found in green and white tea reduces both systolic and diastolic blood pressure and improves insulin sensitivity within blood vessels.¹²

Animals given EGCG extract experienced a significant reduction in triglyceride levels.¹³ The extract also reduced absorption of sugar and fats from the gut and reduced body fat content in the animals. Other studies found a reduction in total cholesterol, elevation of HDL-cholesterol and reduced triglycerides.

A note from Dr. Blaylock: Advertisements for various supplements may appear in the newsletter or attached to the newsletter. I have nothing to do with these advertisements and do not endorse them. The only supplements I endorse are those that I list in the newsletter. This is not to say that I object to the supplements; it's just that I am not familiar with the supplements being advertised.

Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

Magnesium For Your Heart™

Recommended by Dr. Russell Blaylock

"I experienced immediate results. Within the first couple of days I noticed decrease muscle tension, more energy, and a decrease in anxiety. And no diarrhea!" - **Scott from California**

Magnesium...

is a vital mineral involved in over 325 biochemical reactions in your body. Up to 80% of Americans are deficient in Magnesium.

Symptoms of a magnesium deficiency include:

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- Leg Cramps
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- Restless Sleep
- Headaches and Migranes
- Fatigue / Low Energy
- Chronic Constipation
- Insulin Resistance

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- Boost energy production and reduce fatigue.
- Promote healthy, restful sleep.
- Increase calmness and lessen stress.
- Encourage regularity and healthy digestion.

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- **Risk-Free:** 90-day Money Back Guarantee.
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In an animal model of a heart attack, giving EGCG after the attack significantly reduce heart damage and reduced inflammation in the heart muscle, a leading cause for heart failure.¹⁴

Another study found that enlargement of the heart (a condition called hypertrophy) caused by elevated blood pressure was significantly reduced if animals were given EGCG extract.¹⁵

It has also been shown that EGCG improves the strength of the heart muscle (improved left ventricular function) without the side effects seen with drugs.¹⁶

Green tea also improved kidney and liver function in diabetic rats.¹⁷ Kidney failure is a common complication in diabetics. Extracts of this tea also reduced cataracts, another complication of diabetes.

Rats given a regular diet of green tea extract demonstrated a fall in blood sugar, insulin levels and triglycerides. Researchers produce insulin resistance in rats by feeding them a diet high in high-fructose corn syrup (HFCS), a common food additive in the human diet.

Green tea extract rapidly reversed this insulin resistance.¹⁸

Finally, a large study of Japanese people found that drinking six or more cups of green tea a day reduced the overall risk of developing diabetes by 33 percent. The benefits in women were the most impressive and were directly related to how much tea was consumed per day:

- 1 to 2 cups reduced risk 21 percent
- 3 to 5 cups reduced risk 39 percent
- 6 or more cups reduced risk an incredible 51 percent¹⁹

Of course, 6 cups of tea a day is a lot to drink. To make it easier, you can either take EGCG capsules (the product Teavigo has a 95 percent concentrate of EGCG) or use several bags of the tea to make it more concentrated. Drink two to three cups of this concentrated white tea a day.

White tea has higher levels of the beneficial catechins and essentially no fluoride or aluminum.

Based on these studies, I would suggest that you drink at least three cups of strong white tea three times a day. During hot summer months you can make it iced tea. For added benefit, take one capsule of Teavigo three times a day as well.

Vitamin D and Cardiovascular Health

New information has determined that vitamin D3 deficiency is extremely common. In fact, in older people it is almost universal.

Based on its ability to reduce inflammation, prevent infections, and tame autoimmunity, vitamin D3 would also prevent cardiovascular diseases. A growing number of studies are showing this to be true.

One recent study followed 6,537 adults for five years and found that people with vitamin D3 levels of 18 to 23 ng/ml had a 74 percent increased risk of developing the metabolic syndrome compared to those with what is now accepted as a normal level of 34 ng/ml.²⁰

Actually, even that level is probably too low. I recommend a level of 75 ng/ml to 100 ng/ml.

People with low serum vitamin D3 levels also had greater waist circumference, higher triglycerides, elevated fasting glucose, and insulin resistance — all things that lead to a high risk of cardiovascular disease and stroke.

Careful studies have shown that adults require more than 2,000 IU of vitamin D3 to raise their blood levels at all. I have found that many require doses of 5,000 IU or even 10,000 IU a day to reach normal levels of the vitamin.

It is important that you have a blood vitamin D3 level done before taking the vitamin and then repeat the test at three months. ■

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CASE STUDY:

Supplements Heal a Brain Injury

With this issue, I'm starting a new feature based on experiences with my patients. Each week, I will share a case history that reveals how simple, alternative approaches can solve major health problems. Names and details have been changed to protect patients' privacy.

— Dr. Russell Blaylock

Jeremy was one of those patients doctors consider a hopeless case. A young man in his early 30s, he had been involved in a car accident and suffered a severe head injury that left him in a coma. When I first examined him, the expectation among my colleagues was that he would die shortly or remain on life support for the rest of his life. But I didn't accept that this was necessarily the case.

At the time, I was a neurosurgery resident. I had become interested in alternative ways to improve the outcome of patients with severe head injuries.

Most of my colleagues merely accepted conventional treatment, which consisted of minimal support of the patient. The other residents expressed their opinions that I should stop Jeremy's treatment and "let him die peacefully."

Trauma Drains the Body of Nutrients

I had spent a lot of time researching brain metabolism, specifically how head injuries and other types of trauma affect nutrients in the body and how nutrients affect brain recovery. Based on my research, I believed Jeremy would benefit from a new approach — intensive therapy with vitamins, minerals, and other trace elements (dietary minerals that the body requires in minute quantities).

I decided to add high doses of B vitamins, vitamin C, and trace elements to Jeremy's IV. Soon after, I began giving him liquid foods through a feeding tube.

I knew that when a person has a brain injury, his or her metabolism increases as much as that of a long-distance runner. Their need for vitamins, minerals, and trace elements increases tremendously.

In fact, most of the body's store of B vitamins and vitamin C is lost within 24 hours after a serious injury. But at the time I was treating Jeremy, few conventional doctors had even heard about the

connections between trauma and nutrient loss.

I also knew that trauma patients' bodies are surging with damaging free radicals that burn up what few antioxidants remain after an injury. The patients become vulnerable to an incredible amount of damage triggered by their injuries — but most of the damage actually occurs just hours or even days after the injury.

Knowing this to be the case, I pressed ahead with my vitamin treatments for Jeremy, despite daily pressure from my colleagues to end the man's life. The head of the neurosurgery program, to his credit, gave me the option of moving forward. And it wasn't long before Jeremy started to show signs that my approach was the right one.

Witnessing a Miracle

Within days of beginning the IV vitamin treatments, Jeremy began to move his hands and legs on his own — something rarely seen with the severity of the injury he sustained. My colleagues initially tried to shrug this off as a "reflex." But I knew better and continued Jeremy's nutritional program.

Within a week, he started opening his eyes. By the second week of treatment, he began to speak and move on his own. Even I was amazed at what I was witnessing — a transformation that I had been told simply couldn't happen.

Three weeks after the accident, Jeremy was sitting up in his bed, eating on his own, and carrying on conversations. I discharged him six weeks later, and with intensive physical therapy he was able to regain the ability to walk and later enrolled in college.

In the years that followed, I refined and fine-tuned my nutritional treatments with other trauma patients as I learned more. Curiously, none of my colleagues ever accepted the obvious benefits of nutrition therapy, and never used them on their own patients, despite having witnessed a near miracle.

As a young doctor, I learned many fundamental things from my treatment of Jeremy, but the first two were these: 1) The healing power of alternative, nutritional treatments is real and largely untapped by conventional modern medicine; and 2) None is so blind as he who refuses to see. ■

Health and Nutrition Updates

Hot Flashes Linked to Atherosclerosis

According to a report in the “Journal of Endocrinology & Metabolism,” a new study evaluated 120 postmenopausal women by measuring three powerful markers of inflammation within arteries (CRP, P-selectin and CD40).

The researchers found that two of the most important markers — P-selectin and CD40 — were dramatically elevated in those with the most severe hot flashes.

This means that women experiencing early onset, moderate-to-severe hot flashes are at a greater risk of developing atherosclerosis and suffering a stroke or heart attack.

The markers involved, P-selectin and CD40, are specific measures of inflammation along the surface of the blood vessels. CRP, on the other hand, measures general inflammation.

Interestingly, the women most at risk had normal CRP levels, suggesting that this is not always the best measure of dangerous inflammation in the body. That means that if a woman’s CRP is elevated, then she may be in danger. If not, she still could be.

Luckily, there is hope for these women. New studies published in the “Archives of Internal Medicine” found that being overweight was associated with the worst hot flashes, and that women who lost weight experienced fewer severe hot flashes and night sweats.

In fact, those who lost 10 percent of their weight were 50 percent more likely to have the hot flashes disappear altogether. Their diets consisted of a low-fat, high-fiber diet.

Other studies have shown that the best fiber for health is vegetable fiber.

Adding natural anti-inflammatory supplements can result in even greater protection. These include DHA, hesperidin, quercetin, curcumin, luteolin,

naringenin, mixed tocopherols, tocotrienols, vitamin C and magnesium.

Many studies have supported the powerful protective effects of these supplements against atherosclerosis and cancer.

Chronic Anxiety Can Shorten Your Life

Telomeres are like the little plastic cap on the end of your shoe laces that keep the string from unraveling. But in this case, telomeres keep the double helix of DNA from coming apart.

One of the prominent theories of aging is that over a lifetime these protective telomere caps erode until eventually the DNA is damaged, leading to disorders such as atherosclerosis, dementia or cancer, depending on which cells are involved.

A new study measuring telomere length among a number of women found that chronic anxiety caused a more rapid erosion of the person’s telomeres. Those with chronic anxiety, in fact, had telomeres that were like those of

women six years older.

The stress of anxiety has been shown to trigger the generation of enormous storms of free radicals in the brain, which increases the risk of neurological diseases, including dementia.

Other studies have shown that taking antioxidants — especially flavonoids such as quercetin, curcumin, and hesperidin — can protect the telomere from erosive damage.

Hesperidin has been shown to have significant anti-anxiety effects as well as being a powerful antioxidant. Of equal importance are regular exercise, periods of mental rest and prayer.

Vitamin D3 May Prevent Strokes

Vitamin D3 deficiency is now known to be almost universal, especially among the elderly.

This is critical because D3 deficiency has been

New studies published in the “Archives of Internal Medicine” found that being overweight was associated with the worst hot flashes, and that women who lost weight experienced fewer severe hot flashes and night sweats. In fact, those who lost 10 percent of their weight were 50 percent more likely to have the hot flashes disappear altogether.

linked to heart failure, insulin resistance (Type 2 diabetes), hypertension, metabolic syndrome and brain disorders.

Now, a new study among people of Asian heritage found that having an initially low vitamin D3 level increased risk of having a stroke over a 34-year period.

Specifically, the higher a subject's vitamin D3 level at the beginning of the study, the lower his or her risk of having a stroke.

This is one of the longest follow-up studies to date, and showed that the link to vitamin D3 is independent of other traditional risk factors.

Vitamin D3 has a great number of beneficial effects, including reducing inflammation, modulating the immune system, and suppressing infections.

Low vitamin D3 levels, especially in the elderly, are associated with a high risk of serious influenza and other infections. Chronic infections, in turn, are strongly associated with atherosclerosis, which would explain why higher intakes can reduce stroke risk.

The recommended dose is 5,000 to 10,000 IU a day. But it is important to first have a blood test for vitamin D3 levels. The normal values are between 75 and 100 ng/ml.

Fibromyalgia Pain Affects Brain Connectivity

Pain has been an enigma since the early recorded history of man. Recent studies on one painful condition, fibromyalgia, suggest that the pain itself can significantly alter how we think.

In one study, researchers used a technique called a functional MRI scan that allows them to actually watch the brain thinking.

The researchers scanned 17 different women suffering from fibromyalgia and found that when the pain was maximal, the parts of the brain associated with pain appreciation were connecting with the brain system that concentrates on self (the default mode).

As the pain was relieved with acupuncture, the brain connections shifted to allow the person to

think about other things outside of themselves. This is important because this process allows us to function normally.

Most of us have experienced pain, such as from a headache or a painful elbow, that keeps us from concentrating on our work. We now know that this pain involves changes in the function of our brains. It makes us focus our attention on ourselves — that is, thoughts about the pain, what to do about it and dark ideas about a possible terrible condition that could be associated with it.

Modern neuroscience also teaches us that if this pain lasts too long we have great difficulty ridding ourselves of the pain even after its cause subsides. This is because our brain “learns the pain,” much like repeating a poem lets us recall the poem later. But in this case, we do

not want to keep that memory.

When God made our brains, he added a mechanism to forget pain, especially pain associated with terrible psychological experiences — such as seen with war wounds. We call this “learned pain” post-traumatic stress syndrome (PTSS).

One example of this beautiful mechanism of forgetting pain is seen with the birth experience. Once the baby is born, the mother quickly forgets the pain.

PTSS is closely linked to depression and suicidal tendencies as well. The common denominator appears to be a disturbance in the glutamate neurotransmitter and drugs that lower brain glutamate have been the most effective.

Unfortunately, the typical Western diet is filled with glutamate additives, which may be worsening the problem and even making painful experiences persist.

The bottom line is that we all need to avoid these additives and increase our intake of nutrients that reduce glutamate overactivity. These nutrients include magnesium, curcumin, quercetin, resveratrol and hesperidin. Zinc deficiency is also associated with depression, anxiety, and suicidal thoughts.

We also need to eat a healthy diet, exercise regularly, and pray daily. ■

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Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share.

Each month, he will select a few to be published and answered in the newsletter.

Please remember that he cannot answer every question.

When submitting a question or comment, please include full name, city, and state.

Please e-mail the doctor at: askblaylock@newsmax.com.

Q: What causes a nerve, cell, or other tissue to become inflamed?

— Robert T., D'Hanis, Texas

A: We tend to think of inflammation as having four characteristics: hot, red, painful and swollen. These are characteristics of an acute inflammation, such as a boil.

However, with many states of chronic inflammation, virtually none of these characteristics are present. One can feel perfectly fine or just feel a little “off” and have a smoldering inflammation inside their body that goes on for years.

This is what makes chronic inflammation so dangerous.

A great many things can cause such smoldering inflammations — toxic metals (lead, mercury, aluminum), exposure to certain pesticides/herbicides, low-grade infections, autoimmune diseases, food allergies and many other conditions.

Over the course of many years, this can lead to diseases such as cancer, arthritis, Alzheimer’s, dementia, and Parkinson’s disease.

Q: Do you have any more updates about hypertension?

— Cristy S., Baltimore, Md.

A: In my estimation, the best way to lower elevated blood pressure is by taking hawthorn extract. It has been endorsed by orthodox medicine.

Virtually all antioxidants can lower blood pressure, such as CoQ10, vitamin E, vitamin C, curcumin, quercetin, luteolin, aged garlic extract, magnesium, potassium, and grape seed extract.

Also important are getting regular exercise, stress relief, loss of abdominal fat, and consuming omega-3 oils and vitamin D3.

Q: I am 65 and have been diagnosed with osteoporosis. Are there any supplements that can help with my condition?

— Barbara L., Eau Claire, Wis.

A: There are a number of problems linked to osteoporosis, such as menopausal loss of estrogen, dietary deficiencies in magnesium, zinc, and calcium and mainly low vitamin D3 levels. One should get a vitamin D3 blood level.

The normal value should be greater than 50 ng/ml and preferably 75 ng/ml. To raise blood vitamin D3 one needs to take at least 5,000 IU daily of vitamin D3 and up to 10,000 IU a day for those with very low levels.

More than 90 percent of the older population is deficient in vitamin D3 and a great many younger individuals are as well.

Other things that help are resistance exercises, avoiding high-meat diets (high-acid diets demineralize the bones), and taking DHA (1,000 mg a day). Curcumin, quercetin and many other vegetable flavonoids also help mineralize the bones.

PLEASE NOTE: All information presented in **The Blaylock Wellness Report** is for informational purposes only. It is not specific medical advice for any individual. All answers to reader questions are provided for informational purposes only. All information presented in **The Blaylock Wellness Report** should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication’s contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. While the information found in **The Blaylock Wellness Report** is believed to be sensible and accurate based on the author’s best judgment, readers who fail to seek counsel from appropriate health professionals assume risk of any potential ill effects. The opinions expressed in **The Blaylock Wellness Report** do not necessarily reflect those of Newsmax Media.

Blenderizing vegetables will supply most of these flavonoids.

Q: I am a firefighter working 24-hour shifts at the firehouse. I bring my own drinking water to work to avoid fluoride but I use tap water for personal hygiene. Should I worry about my exposure to fluoride?

— Kenny G., Richmond, Va.

A: I would not worry about the fluoride in the tap water as the content is quite low for personal hygiene uses. Drinking the water is most dangerous because it accumulates in the body. You can put a water filter on the shower head to remove the chlorine.

Q: Is it true that if HDL cholesterol is higher, LDL cholesterol can be a little elevated without too much concern?

— Barbara T., Washington, Pa.

A: You have to keep in mind that the leading cause for elevated cholesterol is thyroid deficiency, also called hypothyroidism. To rule this out, have a complete thyroid panel done.

Most doctors will just order a test called a TSH. This is not adequate. A full panel includes tests for T3 thyroid, T4 thyroid, reverse T3, antithyroid antibodies and TSH.

To lower triglyceride levels, reduce your intake of sugar and simple carbohydrates, which are the leading culprit in high triglyceride readings.

Beta-sitosterol will lower cholesterol levels

when taken with meals.

Even borderline hypothyroidism will cause the lipid pattern you have and is corrected when thyroid function is corrected. Natural thyroid should be used and not artificial drugs such as Synthroid.

Q: My mother has lung cancer and an integrative doctor advised her to stop taking B vitamins. He also recommended fermented wheat germ, Spanish black radish, and black raspberry capsules. Will these substances help with lung cancer?

— Andrea F., Setauket, N.Y.

A: In general, a person should avoid certain vitamins if they have cancer. For example, B12 and folate (folic acid) should be avoided as they increase cell reproduction. Folate should be used when folate-blocking drugs, such as 5-FU, are used, and studies show it improves the anticancer effectiveness.

I would strongly discourage taking fermented wheat germ as it is very high in glutamate, which powerfully stimulates the growth and invasion of lung cancers.

The most powerful anticancer natural products include curcumin, quercetin, luteolin, silymarin, ellagic acid and DHA.

A low protein, high vegetable diet (especially blenderized vegetables) that is also low in sugar, simple carbohydrates, and omega-6 oils combines the many anticancer effects of natural substances. Iron should be avoided at all cost. ■

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