

Dr. Mark Stengler's

HEALTH REVELATIONS



Superseed ends embarrassing hot flashes and drives down cancer risk!

Flaxseeds are a nutritional goldmine and a true powerhouse when it comes to women's health. They're the richest source of the phytonutrients known as lignans and a good source of both fiber and omega 3 fatty acids. Lignans are unique because they have hormone balancing properties. When you eat them they're metabolized by bacteria in the intestinal tract forming the compounds known as phytoestrogens. These phytoestrogens help keep the hormone estrogen in balance.



Slash hot flashes naturally

One of the important phytoestrogens compounds is known as enterolactone. A recent study in the *Journal of the American College of Nutrition* found that flaxseed extract known as HMRLignan was metabolized very effectively into enterolactone and relieved hot flashes.¹ The study included 22 postmenopausal women who were experiencing hot flashes, but not taking any hormone replacement therapy.

The women were divided into two groups with a low dose group receiving 36 mg per day) of the flaxseed extract and the high dose group getting 72 mg per day of the HMRLignan for eight weeks. Both groups experienced a significant improvement in hot flashes. The low dose group achieved an im-

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The "strange" little device that could transform your health...

Heal your entire body with nothing more than the incredible power of medicinal light

I'm always on the lookout for natural treatments that can do amazing things for my patients and *Health Revelations* readers. They must be safe, effective, and have solid science behind them for me to support them. And every once in a while one comes along that's so revolutionary...that's such a game changer...that I can't wait to share it with you all.

About a year ago a colleague introduced me to a ground-breaking medicinal light therapy. The ingenious nasal device attaches to the inside of the nose emitting wavelengths of light into the bountiful network of capillaries inside the nasal cavity.

This deceptively simple and non-invasive treatment benefits the *entire* body. The treatment leads to healthier more robust red blood cells which then travel all over the body resulting in better whole body health.

Research reveals the power of light therapies

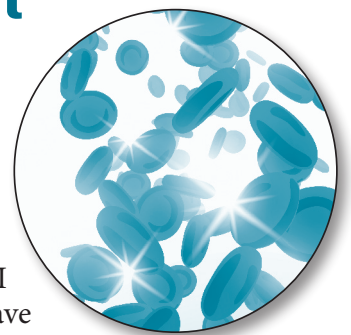
I realize if you've never heard of light therapy before it may sound, at first, like something out of a bad sci-

fi movie. But the fact is light therapies have a long history of success. I personally have clinical experience with the healing power of laser and LED (light emitting diode) light therapies. And there's a vast amount of scientific literature supporting the use of light therapies for treating a wide range of conditions including super infections, Parkinson's symptoms, memory loss, fatigue, and even brain and muscle injuries.

The use of lasers for blood irradiation is an accepted treatment by doctors around the world. Laser irradiation is widely practiced in China, Russia, Germany, and several other European countries.

Unfortunately, this highly effective and inexpensive therapy is virtually unknown in North America where doctors are seldom exposed to natural healing methods.

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Portable and powerful healing

One of the obvious drawbacks of blood irradiation is that it's an intravenous therapy that needs to be performed in a doctor's office using a needle connected into a vein. The therapy is time intensive and, if you have a problem with needles that can be a real roadblock.

That's what's so exciting about Intranasal Light Therapy (ILT). ILT is completely portable and totally non-invasive. The simple device clips into one of your nostrils, gets connected to a small power supply, and then begins releasing specific wavelengths of light into the blood rich capillary bed in your nasal cavity. As your red blood cells pass through the nasal cavity the ILT "energizes" them before they make their way around the rest of your body. Ultimately, the discomfort-free treatment stimulates your body's own self-healing properties. This makes it a true naturopathic healing device!

Reduce inflammation and improve immunity with light

ILT has several different mechanisms of action. First it stimulates the energy warehouses of your cells to produce more energy in the form of ATP (Adenosine triphosphate).

This increased energy output leads to improved cellular healing. It reduces inflammation and improves immune system response allowing your body to make tissue repairs and to regenerate blood capillaries.

But the healing benefits of ILT don't stop there. ILT also penetrates deep enough into the nasal cavity to gently stimulate a homeostatic (balancing effect) on the midbrain including the hypothalamus. The hypothalamus is a critical part of your brain that communicates with your pituitary gland to exert influence over a variety of hormone functions. It also influences your nervous system, body temperature, energy levels, and motor function as well as helps to regulate your food and water intake and your sleep-wake cycles. This may be why researchers investigating photobiostimulation (light stimulation) treatments such as ILT report some success with relieving the symptoms of Parkinson's disease, post stroke recovery, chronic facial pain, migraines, diabetic peripheral neuropathy, and mild cognitive impairment.

Improve blood flow and reduce blood vessel damage

As a reader of *Health Revelations* you already know that blood viscos-

ity (blood thickness and how easily blood flows) is critical to both your heart and whole body health. ILT reduces the clumping of red blood cells so that there's less shearing force on the blood vessel walls. This means less damage to the blood vessel walls and potentially less plaque and clot formation. It also means that oxygen and nutrients are delivered more efficiently to your cells while cellular waste products are disposed of more efficiently as well. The red and near-infrared light energy particles are distributed throughout the body through the circulatory system, drawing a healing response from tissue cells that are dysfunctional.

ILT also stimulates the temporary production of a reactive oxygen species, also known as a free radical. Let me guess, you've heard that free radicals are a bad thing, right? The truth is free radicals are often misunderstood. They aren't bad, especially when produced at a low level in a controlled manner. You see, your immune system actually utilizes free radicals to destroy harmful invaders and cancer cells. When ILT stimulates free radicals it signals your immune system to respond and heightens its beneficial activity.

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HEALTH REVELATIONS

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Dr. Mark Stengler has appeared as a medical expert on FOX, CBS, NBC and hosts his own weekly PBS TV show, "Natural Healing with Mark Stengler." He's also written 17 books, which have now sold over 1 million copies. What makes Dr. Stengler different is his diverse medical training in conventional medications and natural alternatives. This means he can combine the best of modern technology and traditional time-tested therapies, for safer, long-term treatments. His track-record of success with this breakthrough approach has earned him national acclaim as "America's Natural Doctor®." When he's not busy sharing his knowledge of amazing alternatives to toxic "mainstream" therapies, Dr. Stengler practices what he preaches at his state-of-the-art Stengler Center for Integrative Medicine in Encinitas, California. For a consultation call 760-274-2377.

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Subscriber website log-on information (February)

Username: feb2014

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The hormonal secret that will have you saying goodbye to hair loss and hello to your new healthy head of hair!

Over 50% of women experience hair loss in their lifetime. And by age fifty approximately 85% of men have significantly thinning hair. That leaves a whole lot of unhappy folks with a less than healthy head of hair and not a lot of options to do something about it. Conventional medicine offers various side-effect ridden drugs to try to slow down the hair loss. Or you can opt for invasive surgical therapies. But many people who try these approaches are dismayed at the poor results or bowled over by the side effects. The good news is there are natural approaches that really work. But the secret is you have to know which ones will work for *your* specific situation.

The most common cause of hair loss is known as androgenetic alopecia (AA). This is a genetic condition in which hair loss (alopecia) is caused by hormones known as androgens. Now androgens aren't just villains, your body actually needs them. They play an important role in normal male development before birth and during puberty. And androgens are involved in regulating hair growth and sex drive in both men and women. But some people are genetically more sensitive to androgens, and others produce higher levels of the hormones. In either case this can lead to hair loss. While you can't change your genetics, you can still do something about this problem. I'll explain how you can tackle it naturally later, but first let's take a closer look at the critical connection between hormones and hair loss.

High androgen levels lead to hair loss

Normal hair growth involves a cycle of growth, death, and regen-

eration. I won't bore you with all the medical details of this cycle. But understand that within your scalp are follicles that anchor into the skin of your scalp. The average human scalp contains between 100,000 to 150,000 hairs. A healthy scalp loses about 100-150 hairs per day. Each strand grows between 2 to 6 years and then has a resting phase for several months before falling out. The follicle then begins a phase of hair growth. Overly high androgen levels lead to a shorter cycle of hair growth as well as the growth of thinner and shorter strands of hair. And to make matters worse, the new hair growth to replace the lost strands slows down as well.

In men, AA is commonly called male pattern baldness and in women it's referred to as female pattern hair loss. Men with male pattern baldness typically start to lose hair beginning above the temple area on both sides of the scalp. Over time the hairline recedes and forms an "M" shape. It also thins near the top of the head and may lead to partial or complete baldness.

Women experience a different pattern of hair loss with AA. Typically, the hair thins all over without a receding hairline. Fortunately, it's not common for women to have total baldness.

More than just your hair may be at stake!

Research has shown that men with AA are at increased risk of prostate cancer and prostate enlargement. The prostate is sensitive to high levels of the androgen hormone dihydrotestosterone (DHT). Men with AA are



also at increased risk of high blood pressure and coronary heart disease.

In women, AA is associated with an increased risk of polycystic ovary syndrome (PCOS), a common female condition characterized by an irregular menstrual cycle, excess body and facial hair, weight gain and elevated lipids. Women with PCOS often have elevated levels of the hormones DHT and DHEA and low progesterone levels.

And for both sexes there's a link between AA and insulin resistance. As a result, blood sugar levels rise, increasing the risk of pre-diabetes and diabetes. (A diet high in protein and fiber and devoid of refined carbohydrates combined with regular exercise and blood-sugar-lowering nutrients such as berberine, chromium, and turmeric will go a long way in balancing insulin levels.)

DHT is enemy number one

You can see how important the hormone connection is. And one of the key hormones to address for both men and women—is the DHT I just mentioned. DHT is enemy number one for hair follicles and lowering its levels is the key to reducing the effects

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The number of American's on side-effect-ridden statin drugs could soon DOUBLE—make sure you're not one of them!

It's a sobering statistic. Heart disease and stroke are responsible for one in every three deaths in the United States every day.¹ That's a stunning 2,200 people. Clearly, conventional medicine is failing miserably at this fight. Yet the mainstream remains stubbornly fixated on high cholesterol as the culprit and statin drugs as the answer.

It's been nine years since the guidelines for treating high cholesterol with statin drugs were *last* updated. It was a fiasco back then and the controversy continues today. Now new guidelines have been released, and although there are *some* improvements there's a HUGE problem that could spell trouble for thousands of unwary victims. I'll have more on those new guidelines in just a moment, but first let's take a look back at those first failed guidelines from nine years ago.

In 2004, in an issue of *Circulation: Journal of the American Heart Association*, the National Institute of Health's National Cholesterol Education Program published aggressive new guidelines for LDL ("bad") cholesterol levels. They recommended lowering the target LDL levels for cholesterol lowering drug therapy based on a review of five major clinical trials involving statins. They stated that for those at *high* risk the target for LDL should be less than 100 mg/dL and for those at *very high* risk the goal should be an LDL cholesterol level lower than 70 mg/dL.²

Unnaturally low cholesterol became the "norm"

Of course it would be extremely rare for anyone to naturally have LDL cholesterol levels lower than 100 mg/

dL, and less than 70 mg/dL is so unheard of that it would be like spotting a unicorn strolling down Main Street on a Sunday. But that didn't stop laboratories from changing the range on their reports to reflect these new unnatural guidelines. Suddenly LDL cholesterol ranges were listed as normal at less than 100 mg/dL. Practicing physicians quickly fell into line prescribing statin drugs to any patients who had a LDL above 100 mg/dL. So practically all normal adults instantly became candidates for statins and almost overnight sales soared for this multibillion dollar industry.

We NEED cholesterol to stay healthy

Since then research has shown that LDL cholesterol has several important healthy functions in the body. For example it helps support a normal immune system. If your LDL cholesterol drops too low your risk of infection and possibly cancer could increase. We also know that LDL cholesterol helps

An apple a day to keep the heart doc at bay

According to a recent study published in the *British Medical Journal* an apple a day could be all it takes to prevent or delay death from a stroke or heart attack. In fact, according to the researchers prescribing that apple a day to all adults 50 or over could save the lives of 8,500 people a year in the UK alone.³ Or, in other words, one side-effect free APPLE a day could have the same effect as those same people taking a statin with a long list of potential side-effects. I know which one I'd chose. What about you?

to transport important fat soluble nutrients like vitamin E and coenzyme Q10 throughout your body so you can fight off disease and slow aging.

Fast forward to today. Recently the American College of Cardiology and American Heart Association, in collaboration with the National Heart, Lung, and Blood Institute developed *new* cholesterol recommendations. Based on randomized, controlled clinical trials showing that the benefit of treatment outweighed the risk of adverse events the following four groups of people are now recommended to receive statin drug therapy:⁴

- ▶ "Individuals with clinical atherosclerotic cardiovascular disease.
- ▶ Individuals with LDL-cholesterol levels ≥ 190 mg/dL, such as those with familial hypercholesterolemia.
- ▶ Individuals with diabetes aged 40 to 75 years old with LDL-cholesterol levels between 70 and 189 mg/dL and without evidence of atherosclerotic cardiovascular disease.
- ▶ Individuals without evidence of cardiovascular disease or diabetes but who have LDL-cholesterol levels between 70 and 189 mg/dL and a 10-year risk of atherosclerotic cardiovascular disease greater than or equal to 7.5%.

Admittedly, there are some improvements with the new recommendations. The LDL guidelines have been simplified and they are also now more realistic. For example statins are now recommended when LDL is 190 or higher. That's a major turnabout

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of AA. If you can alter the effects of DHT on the follicle you can halt and reverse its hair killing effect.

There are various drug treatments that reduce the effect of DHT. For men and women this includes the popular drug Minoxidil (Rogaine). Rogaine is used topically to slow hair loss and help regrow some hair. Unfortunately, the drug often results in modest benefits at best and may irritate the skin to boot. Other potential side effects include dizziness, irregular or fast heartbeat, chest pain, weight gain, fatigue, difficulty breathing when lying down, or unwanted body or facial hair.¹

Another common medication prescribed to men who are losing their hair is finasteride (in rare cases it's used to treat women as well), which is known by the brand names Propecia and Proscar. This drug is also used to treat prostate enlargement since, as I mentioned earlier, DHT stimulates prostate growth. Finasteride works by inhibiting an enzyme known as 5-alpha-reductase that converts testosterone into DHT. It can lower DHT levels by as much as 60%.

Are you trading a head of hair for cancer?

But, while a 60% reduction in DHT sounds impressive it's far from the whole picture. As you may recall, in the March 2013 issue of Health Revelations I warned readers about the darker side of the finasteride coin. The drug has been linked to an increase in the risk for aggressive prostate cancer!² Unfortunately, despite the risks finasteride is still commonly recommended for men with male pattern baldness. Even The American Hair Loss Association recommends it "... as the first line of attack for all men interested in treating their male pattern baldness."³ In my opinion, the AHLA should at least warn their followers about this potentially

deadly side effect. Other potential side effects of finasteride include decreased sexual function and desire in men, breast tumors, nipple discharge, breast enlargement or pain, testicle pain, and decreased urination in men.⁴ It cannot be taken by pregnant women as it can cause birth defects.

Balanced hormones lead to healthy hair

Research shows that women with female pattern hair loss often have lower blood levels of sex hormone binding globulin which can mean increased levels of bioavailable testosterone and DHT. Decreased estrogen levels can also lead to increased activity of the enzyme 5 alpha reductase causing DHT levels to increase. I've seen both of these common conditions in many of the thousands of premenopausal and menopausal women I've treated over the years. And the solution is really quite simple. Test their hormone levels and balance them naturally.

One of the key hormones I've found helpful in treating women with hair loss is natural or bio-identical progesterone. Studies show that it inhibits the enzyme 5 alpha reductase that forms DHT. A typical dose is 20 to 40 mg of progesterone cream applied topically twice daily (and no, it's *not* applied to the scalp). For women with a menstrual cycle the cream is applied two to three weeks a month depending on the specific hormonal situation. Consult with your holistic doctor for personalized recommendations based on your own hormonal situation.

When cortisol (often called the stress hormone) is elevated over a prolonged period of time, it can lead to hair loss in both men and women. This is best diagnosed by a salivary test that includes four samples over a typical day. If a pattern of high cor-

tisol levels is found your hair loss may be helped by therapies that reduce those levels. Besides stress reduction techniques such as exercise and counseling there are supplements that can help. The one I have used the most is the Ayurvedic herb known as ashwagandha. And human studies back up my success with the herb showing that an ashwagandha extract can effectively reduce blood cortisol levels. A typical dose of a concentrated extract is 250 mg daily. Another popular cortisol balancer is holy basil at 200 to 400 mg daily. You can also try magnolia bark extract which is used in Chinese herbal therapy to relax the patient. It does this in part by reducing cortisol.

Drive down DHT and regrow healthy hair

The bottom line is it's critical to deal with the hormone DHT to get ahead of your hair loss. Studies show—and I have found it to be true in my own practice as well—that natural DHT blocking herbs and nutrients that are typically used to treat prostate enlargement (BPH) are effective for treating hair loss as well. For example, Saw Palmetto is one of the most commonly used herbs by men for BPH. It works in part by reducing the conversion of testosterone into DHT. A placebo-controlled, double-blind study published in the *Journal of Alternative and Complementary Medicine* followed a group of healthy men between the ages of 23 and 64 who had mild to moderate male pattern baldness. The men were given Saw Palmetto (400 mg) and phytosterols (100 mg), another common supplement used for prostate enlargement. At the end of the study researchers assessed the participants and found an impressive 60% saw improvements in their hair loss.⁵

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Blood flow is increased to distressed tissues triggering cell DNA (genetic code) to repair. Your cells start producing more antioxidants for healing and damaged cells are replaced with healthy ones. This restorative process is known as “Redox Signaling.”

From asthma to stroke recovery ILT can help

There are a variety of conditions that ILT may help with. It can be used as a standalone treatment or in conjunction with other natural or conventional therapies. Examples include:

- ▶ Asthma and allergies can be relieved using ILT. Russian research has shown that laser therapy can reduce asthma severity. Users report similar benefit with ILT. This may be due to a reduction in inflammatory compounds and an improvement in antioxidant status.
- ▶ Blood pressure may be improved with ILT. ILT reduces the clumping of red blood cells improving circulation and leading to reduced blood pressure. It also helps release nitric oxide, a molecule that relaxes blood vessels.
- ▶ Cancer can be fought using ILT to improve the immune response. It can also help reduce the pain and fatigue associated with cancer. This may be linked to ILT’s ability to increase blood levels of B endorphin, one of your body’s natural painkiller chemicals and increased oxygenation. It can also help those recovering from chemotherapy and radiation by improving their immunity and cellular energy production.
- ▶ Elevated cholesterol can be treated using ILY. Research has shown that ILT reduces total and LDL cholesterol as well as fats in the blood known as tri-

glycerides. ILT can be combined with diet and exercise changes.

- ▶ Diabetes symptoms may be relieved. ILT can help improve nerve conduction and reduce inflammation decreasing pain in the nerves known as peripheral neuropathy. ILT also improves microcirculation in the small blood vessels which could help reverse diabetic retinopathy a condition leading to blurred vision and blindness. And antioxidant status, which tends to be very poor in people with diabetes, can be improved.

Your cells start producing more antioxidants for healing and damaged cells are replaced with healthy ones.

- ▶ Exercise recovery can be improved. Post exercise fatigue and pain can be reversed using ILT. The therapy helps improve blood flow, reduce inflammation, and boost neurological function. ILT may also benefit those suffering from chronic fatigue as well as athletes who want to improve their performance recovery.
- ▶ Insomnia can be relieved with ILT. Since ILT has a balancing effect on the hypothalamus and the pituitary gland it’s no surprise that it can help relieve chronic insomnia in as little as 10 to 14 days. Elevated levels of melatonin (the sleep hormone) have also been noted after ILT treatments.
- ▶ Post-stroke recovery can be improved with ILT. Studies done in China on people who had suffered a stroke or traumatic brain injury have shown ILT improves motor function and reduces damage to

affected areas of the brain. In addition, combining drug therapy with ILT was superior to drug therapy alone for stroke recovery. In addition, brain scans (SPECT) have shown that ILT improves brain blood flow.

The ILT device is small enough to fit in your pocket and is operated by a small battery. A typical treatment lasts just 25 minutes. They have developed three ILT models, “633 Red”, “655 Prime” and “810 Infrared”. According to the company, the 633 Red (\$299) and the 655 Prime (\$399) produce very similar outcomes, and the emphasis is on the health of the body in general, particularly the immune system and the circulatory system, much of which I’ve explained here.

The 633 Red is LED (non-laser) and the 655 Prime is low-level-laser. Some people may prefer the laser unit because it is more power-efficient and has a longer history of research backing it, but users are cautioned not to directly look into any laser light because of the risk of damaging the eye. The 810 Infrared (\$499) is based on infrared LED technology which has been designed to target brain stimulation. It is a recent invention and complements the function of the 633 Red or 655 Prime.

You can get more information or order a device directly from the manufacturer Vielight. The toll free number is 1-855-875-6841 or visit www.vielight.com. Let them know you’re a *Health Revelations* subscriber when you contact them.

I have no financial interest in this product I’m just very impressed with its huge healing potential and I will definitely be utilizing it with my own patients. If you use ILT on your own be sure to share your results with me on my Facebook page (www.facebook.com/markstengler). **HR**

DON'T BE A STATIN STATISTIC

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compared to the previous LDL goal of less than 100 or 70.

Major flaw in new heart-risk assessment emerges

The new risk assessment uses a complex calculation that includes many factors such as age, race, sex, total cholesterol, HDL cholesterol, systolic blood pressure, smoking history, and diabetes. The formula gives a risk score based on a percentage that estimates the likelihood of experiencing a cardiovascular event in the next 10 years. If your risk comes out to 7.5% or higher then a statin is recommended. (The Cardiovascular Risk Calculator is available at the American Heart Association website at www.my.americanheart.org.)

While including more factors when determining whether or not someone should be on a heavy duty drug is a step in the right direction there's a major flaw with how that information is being used in the new formula. For example, the new risk calculation can greatly overestimate your risk for a cardiovascular event such as stroke or heart attack. This is because some of the studies used in determining risk are outdated, from the 1990's when smoking was more prevalent. Using updated clinical trials could change the calculated outcome by more than 100 percent!

The number of Americans on statins could DOUBLE

Dr. Steven Nissen, chief of cardiovascular medicine at the Cleveland Clinic warned, "These new guidelines will effectively double the number of Americans eligible for statin therapy, bringing the total to about 72 million."⁵ That could mean a lot of people with serious statin linked side effects including diabetes, cataracts, macular degeneration, fatigue, cancer, muscle and joint pain, memory problems, liver and kidney disease.

Case Study: Simple vitamin therapy quickly relieves chicken pox

When I saw fifty year old Vinnie at my clinic he was very fatigued and slow to move. When he took his shirt off he had red blisters covering the trunk of his body and a few starting to form on his face. Few people have more than one bout of chicken pox so I asked Vinnie if he had them as a kid. It turns out he hadn't.

Since I've seen so few adults with chicken pox I had my medical assistant take a picture and I emailed it over to a dermatologist I know. She confirmed that his lesions were classic for adult chicken pox. Blood work confirmed our diagnosis.

As I spoke with Vinnie it wasn't long before I found out why his immune system was suppressed to the point he would contract the illness. He had been flying back and forth to New York to be with his sick mother the past six months. His most recent trip was for her funeral and he had taken a red-eye flight back home.

Since chicken pox is a viral condition and not treatable with antibiotics I turned to high dose intravenous vitamin C along with oatmeal extract baths. Intravenous vitamin C can help knock down the virus while stimulating tissue healing at the same time.

The day after his first treatment Vinnie said he noticed a boost of energy and he was already feeling much better. His skin was not very itchy but it also looked much better after just one treatment.

I recommended he come into the office for a second treatment and he happily agreed based on his results so far. I repeated the same treatment and followed up with him two days later. Both Vinnie and his wife were astonished by the vast improvement from the second dose of vitamin C. In fact, his wife was so excited she told me, "This is incredible, we have to let people know this treatment exists for chicken pox!"

A little over a week later I got a call from Vinnie. He told me he was doing well but his sixteen year old unvaccinated daughter had now acquired this very contagious illness. He asked if I could do the same treatment on her. When I saw Vinnie's daughter she had chicken pox sores over many parts of her body and quite a few more on her face than her father had. Amazingly, she had almost an identical response to the vitamin C therapy. She felt better after the first treatment and substantially better after the second one. The only difference in their treatments was I had her take Benadryl at night to reduce night time itching.

Vitamin C is an antiviral powerhouse. It's a shame conventional medicine doesn't utilize its potent powers as so many people would benefit from it. If you ever come across someone suffering with chicken pox tell them about these two cases. Perhaps intravenous vitamin C can be their ticket to quick relief too. **HR**

The truth is heart health is about a whole lot more than just LDL numbers. A variety of factors including diet and lifestyle imbalances, lipid imbalances such as oxidized LDL cholesterol, increased blood viscosity, imbalanced stress hormones, nutritional deficiencies, and toxins in the body such as lead, mercury, and pesticides can all play a role in heart disease. A naturopathic physician can help you create a personalized heart health plan. And don't forget to use your login information on page two to search the online

archives for more information and advice on natural heart health. **HR**

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FIGHT HOT FLASHES AND CANCER WITH LIGNANS (continued from page 1)

provement of 44% while the high dose group had a 50% reduction in their hot flashes. These results mirrored an early study that found that lignans from flaxseeds could reduce hot flash frequency by 50%.² The lucky high-dose group also had an impressive 80% reduction in the frequency of *severe* hot flashes, one of the most troublesome symptoms for menopausal women.

How do these lignans help menopausal symptoms? they're similar in structure to estrogen which allows them to be received by cell estrogen receptors. So it's like getting the menopausal relief of hormone replacement without taking any potentially harmful hormones.

Keep cancer at bay with lignans

Contrary to what you may have heard flaxseed lignans do not increase your risk of estrogen sensitive cancers such as breast cancer. Just the opposite, in fact! Research on animals and humans has shown that they have a protective effect against hormone-sensitive cancers such as breast, uterine, and prostate cancer. Lignans accomplish this by increasing sex hormone binding globulin (SHBG), a transporter protein that binds excess estrogen and helps to clear it out of the body.

Another unique and exciting feature of flaxseed lignans is that they help to decrease levels of harmful estrogen metabolites such as 16 alpha hydroxyestrone which are implicated in breast, uterine, and cervical cancer.

Flaxseeds raise good estrogen levels

One study published in a cancer journal examined the effect of flaxseed consumption alone and in combination with wheat bran on urinary estrogen metabolites in premenopausal women.

The women ate their usual diets and supplemented with baked goods containing flaxseed, wheat bran, or flaxseed plus wheat bran. Researchers measured urinary excretion of 2-hydroxyestrone (a good estrogen) and 16alpha-hydroxyestrone (bad estrogen), as well as the ratio between

Total Lignan Content of Selected Foods¹

Food	Serving	Total Lignans (mg)
Flaxseeds	1 oz	85.5
Sesame seeds	1 oz	11.2
Curly kale	½ cup, chopped	0.8
Broccoli	½ cup, chopped	0.6
Apricots	½ cup, sliced	0.4
Cabbage	½ cup, chopped	0.3
Brussels sprouts	½ cup, chopped	0.3
Strawberries	½ cup	0.2
Tofu	¼ block (4 oz)	0.2
Dark rye bread	1 slice	0.1

these two estrogens. They found that flaxseed supplementation positively increased the urinary ratio in favor of the "good estrogen" 2-hydroxyestrone while wheat bran had no effect.³

If you're one of the more than 50 million women in the United States in menopause I recommend adding ground flaxseed to your daily diet or supplementing with flaxseed extracts to help reduce troublesome hot flashes and protect you against hormone associated cancers **HR**

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HELLO HEALTHY HAIR (continued from page 5)

Another herb relied upon by holistic doctors to reduce DHT is stinging nettles root. You'll find this herb in many prostate formulas. A typical dose is 120 mg daily. And ground flaxseeds taken daily can also help you reduce your DHT levels. A typical dose is one tablespoon taken with 8 to 10 ounces of water.

Finally, both men and women with hair loss can benefit from a unique natural topical treatment I've used with patients at my clinic. I've had some promising success with a

formula that contains natural growth factor proteins that is applied to the scalp. It helps to repair damaged hair follicles and regenerate healthier follicles with unique regenerative proteins. It's called Advanced Hair Complex and it's best used in a series of treatments where it is gently stamped into the scalp. This formula is manufactured by AQ Skin Solutions and can easily be found online.

Few doctors actually take the time to understand the hormonal connection to hair loss. But now that you under-

stand the key role that hormones play in AA you have the tools you need to tackle your own hair loss head on. **HR**

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