

The Donsbach Foundation's

WHOLISTIC LIFE

Information Letter

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POLICOSANOL DOESN'T LOWER CHOLESTEROL - SO WHAT?

A new study demonstrates that over a period of eight weeks, the use of policosanol, a popular supplement in today's market, does not lower "bad" cholesterol or raise "good" cholesterol. This study was placebo controlled and used 40 adults with mildly elevated cholesterol and was performed at the Carolinas Medical Center. I say "So what?"

First of all the levels of "mildly elevated" cholesterol were not posted in the report. If you would use the standards of my era when normal total cholesterol was 300 to 350, the levels might have been 375. If you use today's level of "lower is better" then you might be talking about 200 or 215 as elevated, these levels get some doctors all excited.

The jury is not in as to whether lower is really better. I know in my practice with terminal cancer patients - they all have low cholesterol. Which came first - the low cholesterol or the cancer? Did low cholesterol predispose these individuals to cancer?? **The evidence is very clear that high cholesterol patients have less coronary bypass surgery than those with "normal or below normal" cholesterol levels!** But the condemnation of cholesterol sells all kinds of drugs (poisons) from simple, inexpensive aspirin to *Plavix* and *Lipitor* on the expensive end.

Dr. Russell Blaylock, M.D. sums it up very well when he says: "Since elevated cholesterol is not the culprit in atherosclerosis, I tell people to not worry about lowering it."

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You Tipplers Should Love Me

Here comes the news you've been waiting for from someone who abstains almost all the time. Men with high blood pressure may be at lower risk for a heart attack if they are **moderate** drinkers.

For years men who have hypertension have been warned that drinking may contribute to higher blood pressure; but researchers, including scientists at the Harvard School of Public Health and Wageningen University in the Netherlands, found that one, but no more

than two, drinks a day may lower the risk of cardiovascular disease and risk of dying in those with hypertension.

Researchers examined data from 11,711 men with high blood pressure. They found one or two drinks a day were linked to a lower risk of death and this occurred even if the men started drinking moderate amounts of alcohol after having a heart attack or stroke.

Interestingly, the study found that those who took a drink every two or three days were at the same risk as non-drinkers which was modestly higher than those who drank alcohol (**in moderation**) daily. Maybe dad was right when he had a shot of schnapps just before bedtime?

My take on this is I sincerely believe you can get all the benefits received from alcohol from proper supplementation without risking the loss of brain cells that are destroyed with every drink of alcohol consumed.

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DRINK MORE GREEN TEA!

I basically do not like the taste of coffee or tea but I'm seriously considering using green tea. Why green tea? Because green tea contains between 30 and 40 percent water soluble polyphenols while black tea contains between 3 and 10 percent of the beneficial polyphenols. It is generally believed that the health effects of consuming polyphenols is due to their free radical scavenging activity (popularly known as antioxidant activity).

But there is a new benefit emerging: **Polyphenols are likely to benefit the host by inhibiting pathogenic growth in the gut without harming the friendly bacteria.** This has great implications for the general population, because of the fact that **many pathogens originate in the gut and migrate into the body** from there. By destroying these "bad guys" at the point of origin before they can really harm us and encouraging the growth of good bacteria, we have taken a big step to better health.

Pathogenic *E. coli* and *Salmonella typhimurium* were most strongly inhibited by the green tea polyphenols as well as strains of *Bacteroides* and *Clostridium* genera.

S.A.D.

Seasonal Affective Disorder

It's now winter and old man sun has seen fit to visit us less often. Because of this many respond with the symptoms of what we call "Seasonal Affective Disorder" which is simply a lack of adequate full spectrum light. The symptoms do not vary much; they are a mild to moderate depression, lack of energy, lack of mental drive, unexplainable sadness, irritability, difficulty sleeping, mood swings, decreased interest in sex.

You don't have to have all these symptoms at once but the majority who have SAD have at least four or more. A major warning sign is that the symptoms tend to come on during the winter, intensifying as the days get shorter.

What do you do if you have this syndrome?

Actually it is quite easy: Buy a full spectrum light box that emits 10,000 lux (each lux is the amount of light shed by 1 candle) and sit in front of it for about 30 minutes each day, preferably in the morning hours. Used in the late afternoon, it can energize you so much that sleep might not come easily.

In this increasingly computer oriented society, you may find it difficult to get sunlight even in the summer months and such a light box could be valuable all year long.

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Little Tips - Big Rewards

Eat Dark Chocolate and the highest source of all antioxidants will reward your skin by plumping it, moisturizing it and reducing unusual redness by 25 percent! Another benefit: eating one ounce of dark chocolate daily will reduce the possibility of skin cancer significantly. It is best to use the sugar-free variety.

You Don't Need an ab-cruncher to exercise your abdominal muscles - just breathe deeply, contract your abdominals and hold while you breathe out slowly. Begin by doing 5 repetitions, then go to 10; a great tension easer while driving. Not only will your abs get firmer; but you are burning calories!

Some Of You Won't Like this because you are against consuming animal products. But then you probably don't need the advice anyway. Chewing on beef jerky has proven to be a fine way to not consume sugar laden snacks when you just need something light. Another favorite is string cheese sold in little round lengths of about 4 inches; works immediately and you feel satisfied. And then there is peanut butter on celery, very easy and very nutritious.

Why Does The Flu Always Occur In The Winter???

Many of us (including myself) always thought that the flu occurs in the colder months because viruses flourish in the colder weather. Not so! The evidence has been around for many years, but, as with so many truths, no one was willing to give it credence until recently. Dr. R. Edgar Hope-Simpson, a British M.D., did some record keeping and connected flu outbreaks with the shortest day in the year which varies depending on how far north or south you are. In the tropics, the shortest days are usually in their rainy season with overcast skies; we all know what our winter is like.

Is it possible that the lack of sunshine caused a shortage of vitamin D which was connected to a vulnerability to the flu? The answer may be obvious when we look at the work of Dr. John Cannell, a California psychiatrist at the Atascadero State Hospital, a maximum security facility for the criminally insane. Dr. Cannell routinely gave all his patients supplemental vitamin D because he believed incarceration was conducive to such a deficiency. In a report, Dr. Cannell noted that in a severe flu outbreak in 2005, none of his 32 vitamin D supplemented patients caught the flu even though they intermingled with other inmates who were heavily afflicted.

Now that we have proven by deduction that vitamin D may have something to do with immunity to the flu, let's take a look at some scientific evidence. Adrian Gombart of UCLA reported that vitamin D boosts production in white blood cells of one of the antimicrobial compounds that defends the body against germs.

The antimicrobial is called **cathelicidin** and its main targets are bacteria, viruses and fungi. The production of cathelicidin in the body is catalyzed by the presence of vitamin D and there is a direct connection between low vitamin D levels and low production of cathelicidin.

I call your attention to the old time treatment of tuberculosis in which sanitariums were built in areas where the sun was prevalent and patients were wheeled out to bask in the sun. A recent study published earlier this year investigated the relationship between vitamin D deficiency and a susceptibility to tuberculosis.

Immunologist Michael Zasloff of Georgetown University states: "We can imagine one day treating infections by using safe and simple substances like vitamins D and A and C."

“Vitamin E Levels Linked To Mortality Risk”

Pretty scary, huh? That was the headline in a recent Reuters Health Report on the news. Probably makes you question as to whether you should take vitamin E at all. **And that is probably what it was intended to do - make you question the wisdom of using supplements!**

This headline is 100% MISLEADING! Inside the report, Dr. Margaret E. Wright of National Cancer Institutes Nutritional Epidemiology Branch noted three important vitamin E benefits:

1. Vitamin E is a powerful antioxidant.
2. Vitamin E boosts immune function.
3. Vitamin E helps prevent tumor blood vessel growth, thus slowing growth.

Dr. Wrights study examined mortality in relation to blood levels of vitamin E. She used data collected from more than 29,000 men who participated in Finland’s Alpha-Tocopherol/Beta-Carotene cancer prevention study.

All of the men were smokers between the ages of 50 and 69 at the beginning of the study. Each subject submitted fasting blood samples that were analyzed for vitamin E content. About 10 percent of the subjects reported daily use of vitamin E supplements. Over a 19-year follow up period, more than 13,000 subjects died)5,776 deaths related to cancer - 4,518 related to heart disease. (Note: Proof positive that smokers die more from cancer than heart disease!)

When men with the highest levels of vitamin E were compared to men with the lowest levels, those in the high level group “had significantly lower risks of total and cause-specific mortality than did those in the lowest level of vitamin E in the blood”.

The finding is exactly opposite as to what the headline implies. A large percentile of readers scanning the paper would have the impression that “Vitamin E intake was linked to a greater death risk”. Poor choice of headline? I think not! There is a deliberate campaign to put nutraceuticals - including vitamins, minerals, individual amino acids, herbs, etc. in a questionable category. Only when the press is forced by a story of scandalous proportion will they report the hundreds of thousands of deaths every year by prescription and over-the-counter drugs. **As far back as I can remember, this is the way it has been, the pharmaceutical industry wants total control over anything you use concerning your health. We must continue to resist such domination or lose our rights to food concentrates.**

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A Further Study Not Widely Reported

A 2004 study reported on 600 plus subjects, aged 65 and older, who received either a daily supplement of 200 iu of vitamin E or a placebo for one year. The result indicated that vitamin E supplementation had a preventive effect on upper respiratory infections, reducing the rate of colds and lung infections, including pneumonia, by

over 25 percent. (I wonder what would have happened with 400 iu of vitamin E supplementation??)

Multiple Sclerosis & Vitamin D

“Higher levels of vitamin D in the body **may reduce the risk** of developing the neurological disease multiple sclerosis **by as much as 62 percent”**, Harvard researchers report.

This is real progress, folks and let me explain why. For years, there has been knowledge of a virus associated with a percentage of cases of multiple sclerosis. There are very few really good antiviral medications, I have always used one known as ‘*Amantidine*’ with fair good results. This strengthened my belief that, at least in a decent percentage, an antiviral could reduce the symptoms of this condition.

In a prior article in this report, I discussed how vitamin D stimulates the production of the antimicrobial *catelicidin* which targets bacteria, viruses and fungi. This is monumental news because we can now explain why multiple sclerosis is more prevalent in areas where there is diminished sunlight or in those individuals who are not generally outdoors in the sun. Stay tuned for more on this. Vitamin D may not only prevent MS, it may play an important part in controlling it in those who have been afflicted.

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Should We Fortify?

Should We Force Fortification?

Food fortification is nothing new. We fortify salt with iodine, milk with vitamin D, white flour with various B vitamins, etc. The European Union is debating the issue of fortifying with folic acid because of the incidence of neural tube defects in babies born of mothers who had an inadequate diet containing little folic acid.

Arguments such as “the addition of folate will mask the presence of a vitamin B-12 deficiency”, “why should the government mandate the addition of folate which will cost manufacturers more money”, “I don’t chose to take a synthetic substance added to my food” and on and on.

I write about this because we, as rational individuals, must not trust politicians to mandate additions to the food we eat. It isn’t only iodine, folic acid, B-12 etc that are deficient in the food we eat - it really is a whole list - including vitamin D which we already fortify in milk. We are all products of our eating habits and the quality of the food we consume. It is uncommon knowledge that the **soil on which food crops are grown in the United States contains 85 percent less minerals than that soil contained just 100 years ago!**

If it is not in the soil it is not in the food.....if it is not in the food you are going to be deficient! The simple, easy and actually inexpensive solution is to use a broad spectrum food supplement on a daily basis. Some of these are also suspect because there are so many formulas out there that have not been formulated by a nutrition-

ist with personal experience with patients. Choosing a food supplement to use is a serious matter - I offer free advice on my worldwide internet program heard every Thursday from 10 to 12 am Pacific Standard Time. Call 1-888-273-7469 to talk with me or you can listen to the entire show by going to internet and contact the website letstalkhealth.com.

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Resveratrol

Resveratrol is probably best known as a reason to drink red wine. But from a health viewpoint, resveratrol is a rather surprising substance. We all were pretty much convinced that resveratrol has heart and blood vessel benefits but now there may be many more possible benefits.

Researchers from both the University of Louis Pasteur and Harvard observed that administering a dietary supplement of resveratrol to mice had a beneficial effect on muscle structure and function. When fed resveratrol, the muscle fibers used up more oxygen, had a higher energy production and had a higher level of endurance when compared to non-supplemented mice.

It was discovered that the resveratrol activated a special protein which stimulated the activity of the mitochondria, the energy plant in muscle cells. **Recently Harvard researchers reported in *Nature* that resveratrol was seen to extend survival of mice and prevented the negative effects of high-calorie diets. These findings were described by an independent expert as potentially "the breakthrough of the year".**

Other recent research has linked resveratrol supplementation with a reduced risk of colorectal cancer and the slowing of the progression of Alzheimer's disease. Resveratrol may soon become one of the bright stars of the supplement industry. And that's not all, if it works as research seems to indicate, resveratrol will be of benefit to many.

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William Campbell Douglas on Statins

"As I've said about a million times before, cholesterol is vital for your energy levels, brain function, and bodily synthesis of crucial vitamin D - which is a boon to your heart. In fact, I've been saying for years that I'd consider anything less than a combined HDL/ LDL blood cholesterol number of 300 (twice what the mainstream now considers ideal) to be TOO LOW.

Yet these facts don't stop the medical establishment from revising their guidelines for "healthy" levels of cholesterol every down

ward. Back in 2004, the federally funded National Cholesterol Education Program recommended that those "at risk" of cardiovascular events decrease their LDL levels to between 70 and 100 mg/dl. **The following year, sales of statin drugs ballooned 46% to over \$22 billion!**

Does that seem like a meaningless coincidence to you? Or does it seem like a calculated plan to boost Big Pharma's bottom line? That's how it plays for me, especially considering this:

A review of cholesterol drug studies published in the Oct. 3, 2006 issue of the *Annals of Internal Medicine* found **NO HEALTH OR MORTALITY BENEFIT to artificially lowering cholesterol levels using statin drugs.**

Heck, I could've told them this."

William Campbell Douglass II, M.D.

(Ed. Note: I haven't talked with Dr. Douglass for years, but used to have discussions with him at National Health Federation meetings. He is still as acerbic as ever when it comes to telling it like it is - and I couldn't agree with him more on the above.)

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Are You Taking Beta Blockers?

Beta-blockers work by blocking the effects of adrenaline on the body's beta receptors. This action slows down nerve impulses through the heart, relaxes the heart and slows the heart rate. By reducing its workload, beta-blockers may successfully decrease the heart's need for blood and oxygen.

There are two main beta-receptors:

Beta-1 receptors are responsible for heart rate and the strength of your heartbeat.

Beta-2 receptors are responsible for part of the function of smooth muscles.

Some beta-blockers are selective, meaning they block more beta-1 receptors than they block beta-2 receptors. Nonselective beta-blockers block both beta-1 and beta-2 receptors. Here are some examples and their use:

Brevibloc (esmolol) and Betapace (sotalol) are used primarily for arrhythmia.

Timoptic (timolol) and Betoptic (betaxolol) are used for reducing eye pressure (glaucoma).

Inderal (propranolol) is a non-selective beta-blocker and should not be used by individuals with lung problems such as asthma.

Tenormin (atenolol) and Lopressor (metoprolol) are beta-1 blockers and do not affect the lungs as much.

But.....here are some common side effects:

Unrelenting fatigue Dizziness

Lightheadedness Dry eyes
Dry Mouth Insomnia
Impotence Nightmares
Diarrhea Constipation

General Feeling of Utter Weakness

Many may feel that with all these side effects, why take such poisons? I believe you don't have to. Read my book: *What Your Doctor Won't Tell You About HEART ATTACKS, STROKES, HIGH BLOOD PRESSURE AND CHOLESTEROL.*

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FLU VACCINE??

An important new study challenges the commonly held belief that the flu vaccine is safe and effective at preventing flu. It is no secret that many who receive the shots have adverse reactions - and **only 1 out of 7 medical workers (including doctors and nurses) will take it.** They must know something!

The *British Medical Journal*, Oct., 2006 concluded that there is **little scientific evidence backing either the safety or effectiveness** of influenza vaccine. Based on the research offered in the *BMJ*, the National Vaccine Information Center **called for a halt on the annual influenza vaccination for infants and children.** There has been no study of flu vaccine in children under two, but the governmental health departments recommend vaccination of all healthy children from six months to two years old.

Even more important to the bulk of my readers, the influenza vaccine did not have any demonstrable health benefits in those under sixty-five years of age and may have actually contributed to time lost from jobs due to minor side effects such as muscle aches, headaches, fever and fatigue. In those over 65 years of age, the study said the administration of flu vaccine had no beneficial influence on hospital stays or mortality.

So for those of you who question this practice of vaccination, you now have studies to back up your concern - and you might take some extra vitamin D during the flu season as suggested in a previous article. Of course, daily supplementation of a broad spectrum vitamin/mineral product is always the best insurance you can have.

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Alpha-Lipoic Acid Improves Diabetic Neuropathy

I just read in the Nov. issue of *Diabetes Care* that daily intravenous treatment with alpha-lipoic acid can reduce pain, paresthesia (lack

of sensation), and numbness in diabetic patients. The work was reported from Germany, where alpha-lipoic acid has been used to control diabetes for years. **The oral doses used for diabetic neuropathy in other studies were from 1200 to 1800 mg daily.** This is a considerable dose and could be a bit expensive but neuropathy is so severe that it deserves your attention and a four week trial if you suffer with the condition. Any relief would be welcomed, I am sure. Use alpha-lipoic acid with food for best absorption and therefore best results. At this point, I have not used these dosages so cannot comment.

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Salt vs. No Salt

This year, I enter my 51st year since graduating as member of the healing arts. There has been no controversy more debated than "To Salt or Not To Salt". I wrote at some length in my book on this subject with my personal conclusion that everything that is laid on the doorstep of excess sodium intake is actually caused by potassium deficiency. I don't want to enlarge too much on that but for those of you interested you might consider reading my recent book '*What Your Doctor Won't Tell You About Heart Disease, Stroke, High Blood Pressure and Cholesterol*'.

But I do wish to discuss the newest condemnation of sodium as the cause of obesity in our young people. I will allow you to come to your own conclusion but it is my humble opinion that you will be forced to believe some things that are just not true (or at least have not been proven at this time) in order to agree with the study.

The study reports that increasing intakes of sodium obligatorily produces a progressive increase in thirst. This leads to an increase in the consumption of sugar laden beverages (not proven, but plausible) which has increased the total caloric intake which leads to the production of fat.

The article goes on to indicate that we are consuming more salt in the past 20 years than in previous years and obviously consuming more sugar laden drinks. All this is true but is seriously lacking in what may be even more at fault.

The added salt consumed is not from personal salting of food, it comes from the addition of salt to (pre-prepared and sugar or starch laden) snack foods which are particularly tasteless without salt. Why condemn salt intake for our addiction to foodless foods that offer only caloric value. I certainly don't uphold

the consumption of sugar-rich sodas, but **the fault as I see it is in our essential lack of educating our children as to what is food and what is not.** Americans are not salting their food more - food companies are using excess salt to excite our taste buds when we consume tasteless foods.

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MELATONIN IS MUCH MORE THAN YOU BELIEVE IT TO BE!

It is likely you have experienced a sleepless night now and then. But as you get older, it's not uncommon for those occasional nights to become the norm. In reality this may be much more serious than you might think - it may be increasing your risk of developing breast cancer or even prostate cancer.

Melatonin, a hormone produced by the pineal gland while you are sleeping, **inhibits the growth of cancer cells.** As an added benefit, **melatonin is the most efficient, most effective anti-aging substance known!**

In general, most people only think of sleep assistance when they think of melatonin. But this misconception has led to a casual attitude toward this most important hormone. It also is very inexpensive which also downgrades the allure that we seem to desire when we purchase something. Melatonin could be one of the most important supplements you take on a daily basis whether you think you need it or not.

Produced during darkness and almost totally inhibited by light, melatonin first came under intense scrutiny when it was discovered that women who worked the night shift had a significant increase in breast cancer.

The proof of the relationship came from a study which **linked melatonin to the inhibition of an enzyme called aromatase.** This enzyme is used by both men and women to make estradiol and other estrogens. High aromatase equals high estrogen content which can be a factor in breast cancer. The link was further bolstered by exposing cancer cells to melatonin-rich and melatonin-poor blood. As suspected the melatonin-poor blood allowed free growth of cancer cells while melatonin-rich blood inhibited the growth rate.

I also said men could be protected from prostate cancer by melatonin - the research was published just a few months ago on an almost exact same experiment on night men workers. A three hundred percent increase in prostate cancer in night working men! And to carry things further, aromatase inhibitors (like melatonin) have been found to inhibit prostate cancer cell growth.

I know that **many of you have only read this far because I said melatonin was a great anti-aging substance.** Research with old male rats who had poor appetite, no sexual drive and scruffy fur had their pineal glands exchanged with the pineal glands of young rats. Within 10 days an astounding transformation occurred: the old rats grew shiny fur, had great appetite and chased female rats whenever the opportunity presented itself. The young rats aged at a rapid pace and looked and acted like old rats.

Now I do not know of a single elderly gentleman who wouldn't like that kind of transformation - but you don't have to find a young man to donate his pineal gland to you, just use some melatonin at bedtime and rejuvenate yourself.

The obvious questions arise: **is it toxic and what is the suggested dosage?** There are over 6,000 published studies on the use of melatonin and the general consensus is that it is safe in almost any dose although the accepted daily dose is about 3 mg. I must inform you that all my cancer patients consume 50 mg every night and I personally take about 9 mg every night. There is about 2 percent of the population who react in an opposite fashion to melatonin and are stimulated by its use. These individuals rarely have sleep problems and I suggest they take it in the morning.

Most younger individuals make all the melatonin they need, so supplementation of the young is rarely indicated. But I must tell you the story of the frantic mother who called me and related that her four year old had not had a single night's restful sleep (and thus neither had she) in his entire life. I suggested three mg of melatonin at bedtime in a liquid form and the next day had a call from an ecstatic mother who related both her and her son had a full night's sleep for the first time in four years. A dose of 1 mg at bedtime was adequate for continued results.

My recommendation for those of you over 39 years of age: Use 3 mg of melatonin every night at bedtime for cancer prevention and to keep you young! I prefer the use of a liquid for better absorption and almost immediate results when used sublingually.

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Calcium and Cancer

You have probably read conflicting reports on the relationship between calcium intake and cancer, particularly colorectal cancer. Vanderbilt University, the National Cancer Institute and the Shanghai Cancer Institute published

a report on their most recent research on the subject. The study involved 73,000 women whose average age was 55. During the six years of the study, 283 cases of colorectal cancer were recorded.

When dietary data was compared to medical records, researchers determined that **women who had the highest intake of calcium reduced their colorectal cancer risk by 40 percent compared to women with the lowest intake.**

The Dartmouth-Hitchcock medical study corroborated that finding by checking the incidence of colon polyps suspected to be a precursor of colorectal cancer. Again a 40 percent reduction in colon polyps in those taking 1200 mg of supplemental calcium as compared to a placebo group who did not add calcium to their diet.

The overwhelming results of all these studies keep repeating the same theme: **You Must Supplement Your Diet If You Wish to Resist Disease.** Many would criticize me for this but you have to be mentally impaired if this does not make an impression. As for me, I only have one body and I intend to take care of it.

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NEW YEARS RESOLUTIONS

A large percentage of those who made New Year's resolutions made one to lose weight. No crystal ball, that's just the way it is. We would all like to lose weight but very few do. There are some very good physiological reasons why. Consider these:

1. For years I have been using the example from my childhood of the cow who eats voraciously and seems to always look a little thin. And then you have the cow who eats normally and always looks well fed, even a little fat. What is the difference? I never really knew why but just said that the absorption rate of the one must be better than the other. **Now we have science telling us of the discovery of a microbe in the gut which literally makes absorption of foodstuff extremely efficient.** Bingo! every overweight person now has a scientific reason for being fat! **Not so quick!** Many of us choose high calorie, low nutrient value foods as the predominant foods on our plate. **Wrong food choices are the most serious cause of overweight.** But for the person who chooses his food well and only eats a normal amount and is still fat, the probability is that you have absorption enhancing microbes in your gut. At this time we don't know why, how they got there and alot more, but we do know they exist.

2. Everyone is aware of the need to create

energy burnoff if you are going to reduce weight. Since only a small percentage of us are physical laborers, energy burnoff means that four letter word - **exercise.** Everyone talks about it, most of us attempt it, very few persist in it. A couple of tips: find a game that you like and engage in it for two hours three times a week. For me, that's tennis. Anything that is fun and raises your heart rate will do.

Recently I found the ultimate exerciser called a whole body vibrator. You stand on this device for 10 minutes once or twice daily and you will have had the muscle activity of over three miles of jogging - while standing still! I didn't believe it but now I do. There are several models on the market, ranging in price from below \$2,000 to over \$13,000, which makes one think twice. But I honestly would not sell mine for twice what I paid for it because it loosens you up so effortlessly, enhances your muscles, burns fat, increases circulation, makes your lymphatics sing, relieves pain, reduces cellulite, helps restore balance, helps restore bladder control, and I can go on and on. I seldom wax so enthusiastic about anything, but if you ever have a chance to try one, you will understand.

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STRESSED - YES OR NO?

In today's world, if you are not stressed, you are in the very small minority. The fact that stress is a part of life makes it imperative that you learn what causes it (practically everything) and more important how to cope with an overabundance. Let's start with the hormone cortisol which causes hypertension, rapid heart beat, increased respiration, decreased digestion and the decreased immune activity which are the signs of stress.

The release of cortisol from the adrenals is a perfectly normal, lifesaving procedure because we need the stimulation when we are in danger.

The big problem is the frequency with which the stimulus to produce cortisol comes in our life. If it comes too often, many different symptoms occur including neurological, digestive, immune related, emotional, etc.

Individuals who look for stressors and eliminate them are taking the first step in controlling stress. But we all know individuals who are quite stressed but accomodate well. Why? **Good nutrition is the difference! 5-HTP, magnesium, tyrosine, pyridoxine can all give you the ability to accomodate to stress. Prozac, Paxil, and all the other tranquilizers will not - they will eventually allow the problem to become worse.**

Wholistic Life Newsletter is a publication of *The Donsbach Foundation for Wholistic Research and Education*, a public benefit corporation dedicated to researching and publishing information about advances in wholistic health and exposing the fallacy of depending on drugs to achieve and maintain health.

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**The Donsbach Foundation for Wholistic Research
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The Foundation has set forth the following goals:

1. Transform the medical establishment's dangerous reliance on pharmaceuticals, unnecessary surgeries, and the use of methods which conceal symptoms. Encourage them to focus on alternative treatments which focus on treating and preventing the causes of disease.
2. Counteract the overwhelming propaganda regarding drugs and other dangerous medical procedures with facts and evidence that substantiates there is a viable alternative.
3. Expose the flagrant disregard pharmaceutical companies and the Food and Drug Administration have for the safety of the American public, as documented by the ongoing drug disasters.
4. Expose the \$15,000,000,000 dollars spent every year by pharmaceutical companies to coerce doctors to promote their products - an average of \$25,000 per doctor per year which does not include the \$3,000,000,000 spent on consumer advertising.
5. Prepare and circulate true facts about diet and lifestyle and their effect on human health without bias or prejudice.
6. Educate the public about the true facts about our water supply, our air supply, the incredible amounts of pesticides illegal in the U.S. that are exported to other countries from whom we purchase much of our fruits and vegetables.
7. Do investigative reporting on fluoridation, vaccination, mercury toxicity, etc.
8. Inform the public about the fact that pharmaceutical drugs and iatrogenic (doctor) caused death are the number one cause of death in the U.S.
9. Expose the fact that alternative medicine including chiropractic, naturopathy, herbology, nutrition, accupuncture and various physical medicines are a far superior method of treating chronic degenerative disease than allopathic medicine.
10. Support programs which will give legal protection to those in the alternative medical field.

CREDO

IF IT IS TO BE, IT IS UP TO YOU AND ME!

GINKGO BILOBA & CANCER

Ginkgo biloba may help protect against ovarian cancer. That's what researchers at Brigham and Women's Hospital in Boston concluded after comparing 600 women with ovarian cancer to 640 healthy women. Women who took Ginkgo biloba supplements for at least six months were 60 percent less likely to have ovarian cancer. The researchers found positive beneficial results when they tested specific compounds in Ginkgo, called *ginkgolides*, on ovarian cancer cells. (Ed. Note: This report could be criticized from the viewpoint that women who took ginkgo were probably also women who took many other supplements as well as probably eating a better quality diet. Nevertheless, it is powerful in that the ginkgolides offered evidence of cancer cell inhibition. This is only one of thousands of similar reports on many natural remedies.)

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Exercise and Alzheimers's

People who exercised at least twice a week in middle age were 60 percent less likely to develop Alzheimer's disease when they got older. That is what researchers at the Karolinska Institute in Sweden found when they looked for signs of dementia in nearly 1,500 people after an average of 21 years. Walking and cycling were the most popular exercises. The people who benefited most had a genetic predisposition for Alzheimers's. Exercise may decrease risk by improving blood flow to the brain and transmission of brain signals, suggest the researchers.

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High-Protein Diets Cause Appetite Reduction and Weight Loss

Scientists in France discovered that a high-protein diet significantly upregulated the activity of genes that play a role in glucose production in the small intestine. Those who consumed a protein-rich diet consumed 15 percent less food as compared to a group who consumed a high-starch diet and had gained significantly less weight. It is speculated that the high protein diet caused the liver to send signals to the brain that enough food was present and not to eat more.

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SEND IN YOUR QUESTIONS?

If you have a health oriented question you would like me to answer, please write it down and submit to *The HealthKeeper* magazine. I will choose the most appropriate and answer them next issue. Please be very much to the point when asking your question.