The Blaylock Wellness Report®
Living a Long, Healthy Life
Edited by Russell L. Blaylock, M.D.
June 2016 Vol. 13, No. 6

## Key Points

- **Microwaves stop DNA from repairing itself**
- **The cell phone industry corrupts science with money**
- **Growing evidence that electromagnetic radiation leads to Alzheimer's**
- **How to protect yourself from radiation**
- **Don't give cell phones to children**
- **5 ways nutritional supplements that counteract radiation**

### PLUS

- **Zika: Another false flag?**

### ASK DR. BLAYLOCK

- **How do you stop shingles pain?**
- **What do you suggest for migraines?**

# Electromagnetic Fields: Dangers All Around Us

Having grown up in a world in which landline telephones and the radio were the major means of communication, I can appreciate the enormous growth in electronic technology. The rapidity with which compact discs, laser readers, DVDs, digital voice recorders, digital photography, wireless communication, cell phones, and other fantastic gadgets have appeared is simply mind-boggling.

What has lagged behind is an understanding of the effects these technological devices have on our health.

Industries grow in proportion to the demand for their products. And when an industry makes billions of dollars in profits, it seeks to protect those profits. Discoveries concerning certain health hazards always cause these industries to hunker down, dig in their heels, and do everything in their power to cover up potential or even real dangers.

We have seen this with vaccines, fluoride, vinyl chloride, harmful chemicals used in carpets, tobacco, and the very real dangers of pesticides, herbicides, and fungicides. What must be carefully determined is which of these dangers are minor and which are of great importance to our health.

I have written before about how these industries buy scientists, have fake (ghostwritten) articles published in prestigious journals, block critical articles from being published, and ruin the reputations of the scientists who uncover these dangers. It can all get quite dirty.

In this month's issue of The Blaylock Wellness Report, I will discuss some of the well-demonstrated dangers of electronic devices, particularly cell phones, and tell you what you can do to protect yourself from the electromagnetic fields they produce.

## Scope of Radiation Is Huge, and Still Growing

It has been estimated that there are more than 5 billion cell phones in the world, and more than 300 million in the United States alone. Of equal concern are the 4 million microwave towers in the world and the 200,000 towers in the United States.

In 1980, there were only 900 cell towers in the U.S., so you can see that

the problem has grown exponentially. The greatest concentration of these towers is in the eastern part of the country, including New York, New Jersey, Virginia, and Massachusetts.

But even in central Mississippi, where I live, there are 64 towers and 134 microwave antennas within a four-mile radius of my home. In Manhattan, within just a few blocks you will find more than 400 microwave antennas mounted on virtually every rooftop, steeple, business, and apartment complex. These towers are disguised as trees, monuments, fake buildings, and other everyday structures.

The concentration of this non-ionizing radiation is already tremendous, and it continues to grow. In Europe, whole cities are covered with Wi-Fi.

These towers and cell phones are a major part of the problem, but it is much larger than that. Other sources of radiation include:

- High transmission power lines
- Cordless phones
- Major appliances and TVs
- Smart meters
- Wiring in houses (especially bad wiring)
- Baby monitors
- Electric clocks and other household devices

The worst damage from these electromagnetic fields (EMFs) occurs in the U.S., which does very little to control dangerous exposure.

European countries are at least trying to get it under control by outlawing these devices in daycare centers, libraries, and hospitals.

## Increasing Risks to Children

People do not live in sterile, isolated environments. We are exposed to a great number of harmful environmental factors such as pesticides and herbicides, industrial chemicals, toxic metals (mercury, lead, tin, aluminum, cadmium), ionizing radiation (UV light, X-rays, CT scans, medical isotopes, airport scanners), fluoride, and vaccines. All of these factors can act as synergistic toxic substances, greatly magnifying the damage associated with EMF radiation.

Like ionizing radiation, non-ionizing EMF radiation is cumulative — over time, the damage builds up. In addition, as we age, our bodies become less able to protect us. Our immune systems weaken, our brains are more inflamed, our detoxification abilities are reduced, and our DNA repair systems are frequently impaired.[1-3]

All of this makes us much more vulnerable to the harmful effects of EMFs.

Recent carefully conducted research has also shown that young children, especially in early stages of development in the womb, are exceptionally vulnerable to even low levels of EMF radiation.

Sufficient exposure to a developing infant or small child can result in abnormal brain development, a higher risk of behavioral problems when the child gets older, reduced fertility, damage to sperm, testicular

**The Blaylock Wellness Report**® (#144) is a monthly publication of Newsmax Media, Inc., and Newsmax.com. It is published at a charge of $54.95 for print delivery ($49.95 for digital/online version) per year through Newsmax.com and NewsmaxHealth.com.



**Author & Editor** Russell L. Blaylock, M.D.

**Contributing Editor** Matthew Kalash

**Art/Production Director** Phil Aron

For Subscription/Customer Service inquiries, call 1-800-485-4350 or email wellnessreport@newsmax.com.

Send email address changes to wellnessreport@newsmax.com

damage that increases risk of cancer, and altered immune function. All of these things (and they act together) put the child at risk for serious diseases.

With preteens now increasingly using cell phones, the danger to fertility and congenital abnormalities has gone up enormously. And it is affecting both males and females.

Studies have shown that both male sperm and female eggs are susceptible to even low levels of microwave intensity.

Research has shown significant DNA damage when these reproductive cells are exposed to microwaves from a cell phone.

The damage is measured by a test called a comet assay. Both single and double strand DNA breaks have been shown, which means that the affected child or adult would be at a higher risk of developing cancer, having brain degeneration, or becoming infertile.

This may also explain the increased infertility of young couples. Sperm exposed to microwave radiation are three times more likely to die than unexposed sperm.

One recent study found that exposing pregnant animals to EMF radiation caused male offspring, but not females, to exhibit impaired learning and memory.[4] Other studies have shown damage to neural cells in the brain.[5, 6]

A link to autism has also been found using an experimental mouse model.[7] After exposure to EMFs, the mice demonstrated behaviors commonly seen in children with autism.

Additional support for this link comes from the observation that EMF radiation can activate immune cells (microglia), which are in a state of prolonged activation in cases of autism.

This is not to say that the sole cause of autism is exposure to EMF radiation, but I think it is a contributing factor.

It's also been discovered that exposure to EMF radiation can induce production of inflammatory cytokines within brain cells and activate macrophages — the immune cells related to microglia, which are one of the main culprits in neurodegenerative disorders.[8]

All of these studies found that much of the damage caused by EMFs comes from free radicals. Because cells vary in their ability to control these free radicals, their sensitivity to non-ionizing (EMF) radiation differs considerably. Cells with good antioxidant defenses are resistant to damage; those without adequate defenses are highly vulnerable.

A study published in the journal "Brain Research" found that exposing newborn rats to cell phone radiation caused significant loss of important cells in the hippocampus and dentate gyrus of the brain — two areas that are critical for memory and learning.

A loss of cells in the dentate gyrus is one of the first brain changes that occurs with Alzheimer's disease. This means that reducing the number of special cells (called granule and pyramidal cells) in these parts of the brain puts a child at a much higher risk of developing Alzheimer's later in life — and possibly at an earlier age.

The main effect of the cell phone radiation exposure was to inhibit the growth and development of nervous tissue (a process called neurogenesis) from brain stem cells, which is the primary way specialized brain cells are produced.

The bottom line is that all young girls — but especially pregnant women — should avoid having contact with cell phones, iPads, or other electronic devices against their bodies.

But it is especially important not to make contact with the pelvic area. This means women should

## EMFs: Strong Radiation

Electrical devices emit two types of radiation — electrical and magnetic — both of which can cause biological damage. Common objects, such as walls and bone, can block electrical fields, but magnetic fields can penetrate most objects. They can even penetrate an entire house or building.

The Federal Communications Commission has set safety standards that are way too high. Research shows that EMF levels more than 100 times lower are causing damage to biological systems, and have been linked to a number of human diseases, including brain tumors, salivary gland tumors, eye tumors, testicular cancer, leukemia, and breast cancer.

EMF radiation has also been linked to headaches, fatigue, skin rashes, vertigo, ringing in the ears, loss of hearing, immune suppression, abnormal development of babies, and behavioral problems in teenagers and young adults.

never, ever put a cell phone in their pants pockets. Unfortunately, I see young girls do this all the time.

Boys and young men should also avoid contact with cell phones. Putting a cell phone in your pocket irradiates the testicles and can not only impair sperm quality, but also increase the risk of testicular cancer, which has higher incidence in younger men.

## Microwaves Inhibit DNA Repair

Most people are aware that microwave ovens use waves to heat foods and liquids.

Cell phones use the same types of microwaves, only at levels far below what is needed to produce significant heat.

A great number of studies have shown that the harm caused is not secondary to heat buildup, but rather that microwaves are generating high levels of free radicals, which are damaging cell structures.

One of the most shocking things about cell phone damage is that it impairs cell DNA repair. Normally, if DNA undergoes damage, some hundred or so DNA repair enzymes quickly fix it. These enzymes are working constantly to repair damaged DNA.

One of the leading causes of cancer is impaired DNA repair mechanisms. Several recent studies have found that microwave radiation of the same intensity as cell phones seriously impairs DNA repair enzymes.

Keep in mind that familial breast cancer — a very aggressive type — is characterized by impaired DNA repair enzymes called BRCA1 and BRCA2.

Several cases of breast cancer associated with women wearing cell phones in their bra have shocked surgeons and researchers.

One of the most disconcerting involved a 38-year-old Chinese woman who had no family history of breast cancer. She was also a vegetarian and in otherwise excellent health.

For seven years, she wore her cell phone in her bra, pressed up against her right breast. She developed a multifocal breast cancer, which is rare because most breast cancers develop from a single focus.

Another case occurred in an even younger woman: She was a 21-year-old who had stored her cell phone in her bra for four years before she developed an aggressive breast cancer in the exact spot where she kept the phone.

Breast cancer in a 21-year-old with no family history of the disease, who was negative for the BRCA1 and BRCA2 gene mutations is as rare as hen's teeth.

## Cell Phone Industry Corrupting Cancer Studies

The type of doctors who say there's no link between cancer and cell phone exposure are the same type who deny the link between vaccines and autism, fluoride and multiple diseases, mercury and brain degeneration, aluminum and Alzheimer's disease, and many other scientifically supported connections.

These doctors read articles ghostwritten for the telecommunication industry by professors and scientists who will lend their names to anything as long as the money is good.

A recent analysis of thousands of articles written on the subject of cell phone safety found that the majority of scientific papers in major journals that reported no medical problems or biological damage related to EMF radiation exposure were financially supported by the cell phone industry.

On the other hand, studies that were completely independent found just the opposite — damage was indeed occurring.

Ironically, these results mimicked vaccine studies that were written by independent researchers versus those sponsored by the vaccine industry.

The love of money is, indeed, the root of all evil.

The telecommunications industry has a number of ways to manipulate these studies to say that cell phones are perfectly safe.

There is a difference of sensitivity to EMF among various types of cells. Stem cells (the origin of most cancers) and blood-forming cells are much more sensitive than other cells. And fibroblast cells are rather resistant to EMF damage.

Guess which type of cells the telecommunications industry studies used most often? That's right, the resistant cells.

Another trick these so-called researchers employ is to use a continuous microwave signal rather than what occurs thousands of times a day with cell phones — that is, pulsed wave effects.

When a device is in the search mode or between the on and off modes, it releases much more damaging types of radiations than with a smooth signal.[9] When you are texting or talking on your phone, it creates a change in intensity, polarity, and information content. These are the most damaging parts of EMF signals.

Strangely, the damage is not directly related to the power of the source but the pulse characteristic.

In order not to find any harm, the industry-paid researchers make sure these harmful wave characteristics are not present during their study.

The cell phone industry is flooding the scientific literature with these phony studies to drown out truly scientific research. And it is always the false studies the media quotes.

In addition, the paid professor hirelings of the cell phone industry are the ones who get interviewed on the major networks, which are anxious to assure us all that cell phones are perfectly safe.

The real scientists are ignored and rarely interviewed.

## Why Are Some People so Sensitive to EMFs?

At this point, we don't know why some people are so sensitive to EMF exposure. But there are a number of possibilities.

It could be inborn genetic weaknesses, epigenetic effects, diet-related causes, poor nutrition, impaired detoxification, or weakness in cell membranes, especially inborn differences in ion channels within membranes.

Such sensitivity may also be caused by a synergistic effect with other toxic substances. For example, people who are especially sensitive to EMFs may have higher tissue levels of mercury or lead. Or they could have elevated aluminum or other toxins that the EMF radiation interacts with.

It's also possible that these people have abnormal metabolism or defects in their protective stress proteins. There is evidence that unborn babies, newborns, and small children are especially sensitive to the effects of EMFs. Studies on 10-year-old boys suggested that living in areas of high EMF exposure may impair cognitive function (thinking) and can lead to higher incidence of obsessive-compulsive disorder, anxiety, paranoid thoughts, hostility, and aggression.[10]

Studies using pulsed EMF radiation strongly suggest that they interfere with brain function by altering normal electromagnetic pulses. In one study, researchers found a link between multiple chemical sensitivity and hypersensitivity to electromagnetic fields.[10]

Interestingly, in both of those conditions we see elevated histamines, free radical damage, stress protein release, low melatonin levels, and disruption of the blood-brain barrier. All of these factors indicate significant stress on cells and tissues. And a disrupted blood-brain barrier can increase a person's sensitivity to glutamate additives such as MSG and hydrolyzed protein.

Other researchers have tried to imply that a pre-existing psychological problem only makes these hypersensitive people think they are reacting to the EMF fields.[11]

This is the same claim that was made for decades about chronic fatigue syndrome and even autism — until evidence proved they were real disorders.

A neuroscience researcher, Jose Delgado, performed a number of experiments on both animals and humans, showing that pulsed EMF fields could alter behavior, sometimes quite radically.

He made animals aggressive and violent simply by

### Linked to Alzheimer's

There's growing evidence that exposure to excessive EMF radiation can lead to Alzheimer's disease. One study using rats exposed to pulsed EMF radiation — similar to that emitted by cell phones — found it caused cognitive impairment and accumulation of the same brain deposits seen with Alzheimer's disease. It was the induction of oxidative stress that caused the changes.

Some human studies have also suggested a link between EMF radiation exposure and Alzheimer's dementia in humans. Other studies have also suggested a link to amyotrophic lateral sclerosis (ALS) and such exposures.

stimulating specific areas of their brains with electric fields from a distance.

Cell phone radiation has been shown to alter brain metabolism, increase brain inflammatory cell activation, deplete antioxidant defenses, and raise the level of free radicals.[13]

Other studies showed that EMF radiation reduced the tolerance of brain cells to injury, especially when there are other harmful events occurring at the same time.

For example, a person may have elevated levels of mercury, an autoimmune disorder, chronic infections, or poor nutrition — all of which make brain cells less able to tolerate cell phone radiation.

So in the real world, cell phones can be even more damaging than they are in laboratory conditions, where these other harmful factors are not present.

While texting can reduce brain exposure that comes from holding these devices next to the head, it has not solved the problem of people putting phones in their pockets, bras, or other body contact locations.

And millions of teenagers still hold these devices next to their heads for hours every day, for years. Some girls were reported to have placed their cell phones under their pillows at night so as not to miss a call.

Developing a brain tumor or damaging your DNA is a heavy price to pay for engaging in useless chatter with a friend.

## Shielding Yourself From EMF Exposure

There are some very common sense ways to protect yourself and your loved ones from electromagnetic field radiation.

First, parents should teach their children at an early age about the dangers of cell phones, cordless phones, and other devices that emit intense concentrations of EMFs.

Pregnant women should avoid laptop computers and any proximity to cell phones, microwave ovens, iPads, routers, and other sources of EMF radiation.

Young girls should never place a cell phone near their bodies. This includes placing them in pockets or bras, or using Bluetooth devices.

The ovary's cells that young women possess at birth are the ones that will be used to make babies when they are older. Suffering microwave radiation damage as a child or teenager can result in miscarriages and abnormally developed babies.

Teenage boys should never place cell phones in their pockets, especially the front pants pocket, as this irradiates their testicles' stem cells. That can lead to abnormal sperm and infertility, or congenital defects in offspring. The testicles are also very sensitive to induction of cancer by EMF radiation.

Further recommendations include:

- If you are talking on a cell phone or cordless phone, keep the phone at least one inch away from your head and limit length of conversations.
- Use speaker phones when possible, and a hollow, nonconductive tubelike ear piece.
- When carrying the cell phone, keep the keypad turned inward. You can buy EMF-blocking material to use between your skin and the cell phone.
- When talking on a cell phone, switch ears frequently. Damage and tumor induction are related to the length of time spent on the phone.
- Text rather than call when possible.
- Avoid using the phone on a bus, where you will expose others, as well as other places where you are in close proximity to a number of cell phones.
- Cell phones with lower specific absorption rates — a term that mainly applies to heat induction — fool many people into thinking their cell phones are safe. Heat induction is not the major cause of damage.

**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.

## Don't Give Cell Phones to Children

The cell phone industry has now targeted children ages 5 and under — even toddlers — with their promotional campaigns.

One advertisement shows a picture of a product called a baby iPhone Rattle Case — and the iPhone is lying directly over this toddler's testicles.

Not only can this increase the child's risk of developing testicular cancer later in life, it can also damage the chromosomes in the child's sperm, leading to congenital defects in future generations.

In my opinion, the people who created this campaign should be put in prison.

Another advertisement promotes an app that makes white noise. It is meant to be placed under the child's head to encourage sleep.

Young children's skulls are much thinner than adults' skulls. Microwaves have been shown to penetrate the entire brains of children when their heads are placed near such devices.

To be exposed to this radiation for hours is extremely hazardous. Yet I now see very small children using these devices everywhere I go. Such gadgets have become the modern pacifiers for babies and small children. On many occasions, I have seen parents let small children play with their own cell phones, which emit microwave radiation even when not in use.

Studies have shown that exposure to cell phones before the age of 20 triples the risk of developing brain tumors like acoustic neuromas, meningiomas, and malignant gliomas (glioblastomas).

- Try using your cell phone only when there is a strong signal. The harder the phone has to work, the greater the intensity of the EMF.
- Get rid of cordless phones and use landlines.
- Get rid of Wi-Fi and get shielded phone lines.
- If your location requires you to have a smart meter, put protective shielding on it to neutralize radiation directed into your home.

The website www.lessEMF.com has more useful tips for reducing EMF exposure.

## Nutritional Protection From Radiation

The primary way EMF radiation does damage is by triggering the production of high levels of free radicals and lipid peroxidation products.

These, in turn, damage cell membranes, cell components, and DNA.

In the brain, EMFs activate immune cells that cause inflammation — particularly microglia and macrophages, the two cell types that do the most damage. Both types of cells release powerful inflammatory chemicals such as chemokines and cytokines.

Protection is afforded by antioxidants, anti-inflammatories, and flavonoids that prevent microglial and macrophage activation. To repair the damage already done, a person needs to enhance his or her cell membrane and DNA repair, improve cell energy production, and boost melatonin levels.

Microwaves also suppress melatonin release, which interferes with sleep.

Keep in mind that melatonin is the brain's major antioxidant, which inhibits cancer formation.

Here are five ways nutritional supplements can counteract the dangerous impacts of EMF radiation.

### 1. Repairing Cell Membranes

Electromagnetic fields from cell phones and other sources have been shown to damage cell membranes, which play a vital role in cell health and function. Of special importance are the ion channels within these membranes.

EMF emissions have been shown to alter the structure and biochemistry of cell membranes, thus altering ion channels.

This can lead to such bad impairment that it would make a person feel tired all the time and put them at

much greater risk of developing diseases.

- **DHA.** This component of fish oil is the most common lipid in cell membranes. It can come in a pure DHA form or one that is made with mostly DHA. Either one is sufficient. Take 1,000 mg twice a day.
- **Phospholipids.** These special fatty substances are used by cell membranes for structural repair and function. They include phosphatidylcholine (also called lecithin), phosphatidylethanolamine, and phosphatidylserine, which is the most important. Some supplements combine the three. The dose for these phospholipids is 100 mg 2 to 3 times a day with food.

**2. Repairing DNA**

- **Methylcobalamin (vitamin B12).** This vitamin plays a major role in DNA repair. The dose is 5,000 to 10,000 mcg a day as a sublingual tablet.
- **Folinate (as metafolin, or 5-MTHF).** This form should be taken because a large proportion of the population has a metabolic defect and cannot metabolize folic acid — which is the cheaper brand. The dose is 1,000 mcg a day.
- **Niacinamide (vitamin B3).** This vitamin supplies essential components for DNA repair. The dose is 500 mg a day.

**3. Increasing Mitochondrial Energy Production**

Damage to mitochondria, cells' main energy generators, is caused by free radials and lipid peroxidation products. When cell energy is low, you fatigue easily. It also greatly magnifies excitotoxicity.

- **Curcumin.** This substance increases mitochondrial function and protects mitochondria from damage.
- **Methylcobalamin, folate, and niacinamide.** All of these can boost energy production
- **Riboflavin-5-phosphate.** This is the functional form and supplies the most energy. Take 50 mg twice a day.
- **Pyridoxal-5-phosphate.** This is the metabolic form of vitamin B6. The dose is 50 mg every other day.

Other things that increase mitochondrial energy production include R-lipoic acid, acetyl L-carnitine, and vitamin K.

**4. Boosting the Antioxidant Network**

- **Melatonin.** This should not be taken in the daytime. Rather, take 0.5 mg 30 minutes before bed. Doses greater than 6 mg can cause excess sleepiness in the morning.
- **Quercenase (quercetin in high absorption capsule).** Take 250 mg twice a day.
- **Curcumin.** Take one capsule twice to three times a day with meals.
- **Multivitamin/Mineral.** This will supply all of the basic minerals, especially selenium, B vitamins, mixed carotenoids, and vitamin C.
- **Buffered Vitamin C.** Take 1,000 mg three times a day between meals.
- **Mixed tocotrienol and mixed tocopherols (Vitamin E).** These make up all the components of vitamin E. The mixed tocotrienols and mixed tocopherols can be purchased separately. The dose of tocotrienols is 50 to 100 mg twice a day. Mixed tocopherols in a dose of 400 IU a day.
- **Vitamin D3.** Take a dose of 2,000 to 5,000 IU a day depending on lab values. Smaller doses have been shown to have no effect on blood or tissue levels.
- **Magnesium citrate or malate.** The dose is two capsules twice to three times a day. Start with a lower dose an increase over a two-week period.

**5. Suppressing Microglia and Macrophage Activation**

Take one or more of these supplements, depending on the severity of your exposure.

- **Luteolin.** Take one 100 mg capsule three times a day with food.
- **Apigenin.** Take one or two 50 mg capsules three times a day with meals.
- **Resveratrol.** Take 200 to 250 mg a day, always with food. ■


**REFERENCES**

1. Lai H et al. Bioelectromagnetics 1995:1207-10.
2. Lai H et al. Int J Radiol Biol 1996;69:513-21.
3. Belyaev LY et al. Bioelectromagnetics 2005;26:173-80.
4. Zhang Y et al. J Radiat Res 2015;56(2)216-8.
5. Lacy-Hulbert et al. FASEB J 1998;12(6):395-420.
6. Consales C et al. Int J Cell Biol 2012;2012:683897.
7. Alsaeed I et al. In J Dev Neurosci 2014;37:58-64.
8. Simko M, Mattsson MO. J Cell Biochem 2004;93(1):83-92.
9. Chavdoula ED et al. Mutation Res Toxicol Environ Mutagenesis 2010;700:51-61.
10. Calvente I et al. Bioelectromagnestics 2016;37(1):25-36.
11. Sage C. Rev Environ Health 2015;30(4):293-303.
12. Kjellquist A et al. J Psychosom Res 2016;84:8-12.
13. Reale M et al. PloS One 2014;9:e104973.
14. Hardell L et al. Occup Environ Med 2007;64:626-32.
15. Delgado J. Physical Control of the Mind. Harper & Row,1969.

# Health and Nutrition Updates

## Zika: Another False Flag?

Over the past decade or more, we have been subjected to a number of scare stories concerning a series of viruses that, according to the elite in medicine and the media, will result in a death toll worse than the historic 1918 Spanish influenza pandemic, which killed approximately 50 million.

I have reported on all of these phony "pandemics." And every time I've written about them, my critics have been shrill, even claiming that listening to me would lead to the deaths of millions of people.

But in each case I have been correct about the exaggerated nature of the threat.

It's not that I am some kind of prophet or seer. No, I use hard science and do careful research to reach my conclusions.

The latest panic comes from the Zika virus and its relationship to microcephaly, a condition in which a baby's brain development becomes arrested, resulting in a very small head and brain.

**'I have reported on all of these phony 'pandemics.' And every time I've written about them, my critics have been shrill, even claiming that listening to me would lead to the deaths of millions of people.'**

The question is: Is there a relationship between the Zika virus and microcephaly?

Zika is not a new virus. In fact, it has been around a long time.

In many underdeveloped countries it is a fairly common virus that in the majority of the people affected either causes no illness or only very mild illness.

No link has ever been made between the virus and microcephaly.

In fact, the vast majority of pregnant women infected with the Zika virus go on to have normal babies.

For instance, the virus spread through French Polynesia, affecting 66 percent of the population, yet only 0.5 percent of pregnancies resulted in microcephalic babies.

This is not statistically significant, and there were other factors that could better explain the cases of microcephaly.

The current infection is essentially limited to the northeast section of Brazil, where extreme poverty is endemic. The problem began when there was an outbreak of pertussis (whooping cough) despite extremely high vaccination rates. (The vaccine was ineffective).

In a phony effort to stem the outbreak, the Brazilian Ministry of Health, at the insistence of the Western elite, initiated a campaign of pertussis vaccination of all pregnant women.

After the vaccination program, the incidence of microcephaly went from near zero to more than 1,200 cases within the next year, and has continued every year since the program was initiated.

Interestingly, this obvious link has been ignored.

In addition, impoverished mothers in this area have been exposed to high levels of pesticides and herbicides during this period.

Some pesticides are known to cause microcephaly.

At this same time, a company linked to Monsanto began spraying all water supplies with powerful larvicide — a type of chemical that kills mosquito larvae. This compound has never been adequately tested for safety.

Severe malnutrition itself can lead to microcephalic births and can magnify the neurodevelopmental toxicity of pesticides and herbicides.

In addition, vaccinating pregnant women is extremely risky because it can induce spontaneous abortion, cause abnormal development of the baby's brain, and lead to high risk of neurological disorders later in life of the exposed child.

The link between vaccinating pregnant women and abnormal brain development is well-established in neuroscience literature.

Who stands to benefit from these hazardous programs?

The pharmaceutical vaccine makers (especially because governments are calling for a worldwide vaccine program), the agrichemical industry, and the elite who are obsessed with population control targeted at the extremely poor.

Because the population of Brazil is mostly Catholic, the country has rejected abortion as a way to control populations. Now, these vaccination programs give elite leaders an opportunity to implement widespread abortion of babies.

Correct decisions are never made during times of panic. Elitists are experts in creating false panics.

Already some large number of women have lost their babies because they listened to nefarious organizations such as the CDC and the National Institute of Allergy and Infectious Diseases, as well as their personal doctors who receive all their information from these two sources.

Maybe we need to replay the incredible bungling of both these organizations during the so-called scary "ebola pandemic" that never happened.

We could also replay both phony H1N1 "pandemics" as well.

## Politicized Science Is Bad Science

Every child who is first learning about science, and every university and college student learning about higher science, knows that discoveries are made by a large number of creative minds all seeking truth in their own way.

They also learn that in almost every instance, it has been the person who did not hold the "accepted" belief that actually made the most important discovery.

A perfect example is Dr. Ignaz Semmelweis, who in the mid-1800s came up with a method to prevent a disorder that was killing tens of thousands of pregnant women throughout the developed world. The condition was called puerperal fever.

In those days, the medical community did not know about germs. Consequently, doctors frequently would perform an autopsy on a patient who had died of infection, and then — without changing their clothes or washing their hands — would perform childbirth deliveries in another part of the hospital.

In this way, the infection from the dead body was passed on to the poor mother.

Semmelweis demonstrated that a tremendous drop in fatal cases of puerperal fever could be achieved when his doctors simply were directed to wash their hands in antiseptic solutions and replace their dissection aprons for clean ones before treating pregnant women.

Despite the dramatic difference between his patients and those of orthodox doctors, Semmelweis was vilified. Eventually, he even had his medical license taken away.

He died a broken man, despite the fact that his "radical idea" has saved millions of pregnant women's lives.

This story is repeated over and over today among the elite scientific establishment. Indeed, I have fought this battle all of my professional life.

There are many examples of this kind of mentality controlling ideas. Evolution is mandated as the only theory in all institutions of public learning, despite the fact that a growing number of highly regarded scientists question it.

Knowing they could never win a debate with knowledgeable creation scientists, evolutionists have used the courts to ban even questioning macroevolution.

Many untenured professors have lost their academic positions and one educational philosopher even suggested that students in biology programs be forced to say they believe in macroevolution or would be told to switch to a nonscience major.

This is the sort of regimentation of thought that was seen in totalitarian countries such as the old Soviet Union and its communist client states. It has no place in a free society, and certainly not in universities and colleges.

This is nothing less than thought control — the same kind of thing that dominates vaccine programs, fluoridation of drinking water, global warming, and healthcare in general. ■

**'This is the sort of regimentation of thought that was seen in totalitarian countries such as the old Soviet Union and its communist client states. It has no place in a free society, and certainly not in universities.'**

# 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.

## What to Do For Shingles Pain?

**Q: In 2014, I came down with shingles and it developed into a chronic condition called post-herpetic neuralgia. The pain is unbearable. Can you tell me what to do about this pain?**

**— Loretta C., Wenatchee, Wash.**

**A:** Postherpetic neuralgia is among the worst types of pain. The viral infection activates microglia and macrophages in the ganglion of the nerves; this causes the chronic pain. The idea is to quiet these nerves and cells.

Curcumin is among the best of the non-narcotic pain reducers, better and much safer than Gabapentin. In addition, luteolin, apigenin, resveratrol, and anthocyanadins reduce the inflammation and pain.

I would use the Curcumin 500 (from Pure Encapsulation) in a dose of 500 mg to 1,000 mg three times a day. Quercenase (quercetin) in a dose of 500 mg three times a day will boost the pain-killing effect. Luteolin in a dose of 100 to 200 mg three times a day and apigenin in a dose of 100 mg three times a day will also help.

Vitamin B12, folate, riboflavin-5 phosphate, pyridoxal-5-phosphate, niacinamide and thiamine also help heal the nerve. You also have to avoid all glutamate additives and omega-6 oils.

## How Do You Stop Inflammation?

**Q: My husband was waiting for years for a heart transplant and finally got one. The heart works fine, but he has developed one inflammation after another. The latest is a serious case of pancreatitis. Is there anything he can do?**

**— Angela D., Concord, N.H.**

**A:** Higher intake of fish oil has been shown to reduce rejection in transplant patients, and may reduce the inflammation problem as well.

Luteolin and apigenin both reduce activation of inflammatory cells and can reduce pancreatitis inflammation.

Curcumin and baicalein are superior treatments for pancreatitis. Because he is a transplant patient, his doctor should approve the supplements.

## What Can Help Heart Failure?

**Q: What would you prescribe nutritionally for my dad's congestive heart failure?**

**— Jeffrey N., Williamsburg, Va.**

**A:** The goal in congestive heart failure is to improve heart energy and reduce heart muscle inflammation. Coenzyme Q10 in a dose of 300 to 600 mg taken three times a day will improve heart muscle strength. Acetyl-L-carnitine in a dose of 500 mg three times a day will help as well.

Indole-3-carbinol has also been shown to improve heart function. Ribose taken with meals improves heart energy. Magnesium is important as it reduces heart inflammation.

Curcumin has been shown to improve inflammation in the heart. Hawthorn extract is also approved by the American Heart Association for use in heart failure.

## Can You Suggest Migraine Treatment?

**Q: I have a student who missed almost all of her classes this semester due to migraine headaches. Can you suggest anything?**

**— Michael A., Trenton, N.J.**

**A:** Many people with migraines also suffer from reactive hypoglycemia — low blood sugar, which

lowers magnesium brain levels and raises glutamate levels.

People with migraines should avoid all sugars, especially high fructose corn syrup, and all glutamate additives as well as foods high in glutamate.

Magnesium malate in a dose of 250 to 500 mg twice a day will reduce attacks and make them much milder.

Riboflavin-5-phosphate in a dose of 50 mg taken three times a day, thiamine, pyridoxal-5 phosphate and lipoic acid have all been shown to reduce attacks and severity of attacks and they protect the brain.

## How Do You Cure Psoriasis?

**Q: Psoriasis sufferers are usually prescribed some sort of cortisone cream. What is the best combination of supplements and diet to alleviate or cure psoriasis?**

**— Savros G., Limassol, Cyprus**

**A:** One of the most impressive natural treatments for psoriasis is a dietary change — high in vegetables, low in sugar and meats, along with a higher intake of omega-3 oils, mixed carotenoids, a multivitamin/mineral supplement, and supplements containing proline and lysine called ProLysinC.

One paper described a patient with a severe case of psoriasis that was cured within six months following such a regimen.

## Which Blueberry Extract Works?

**Q: I want to take blueberry extract to prevent or limit brain aging. I am 70 and my goal is to prevent my memory from getting worse. What kind of blueberry extract should I take?**

**— Bruce M., Los Angeles, Calif.**

**A:** It is the berry that has the most value. I use a concentrate called FruitFast (Brownwood Acres). Mix two tablespoons of the extract with 12 ounces of water.

I also add the contents of three capsules of blueberry extract to the mix. I drink this twice a day. ■



## About Dr. Blaylock

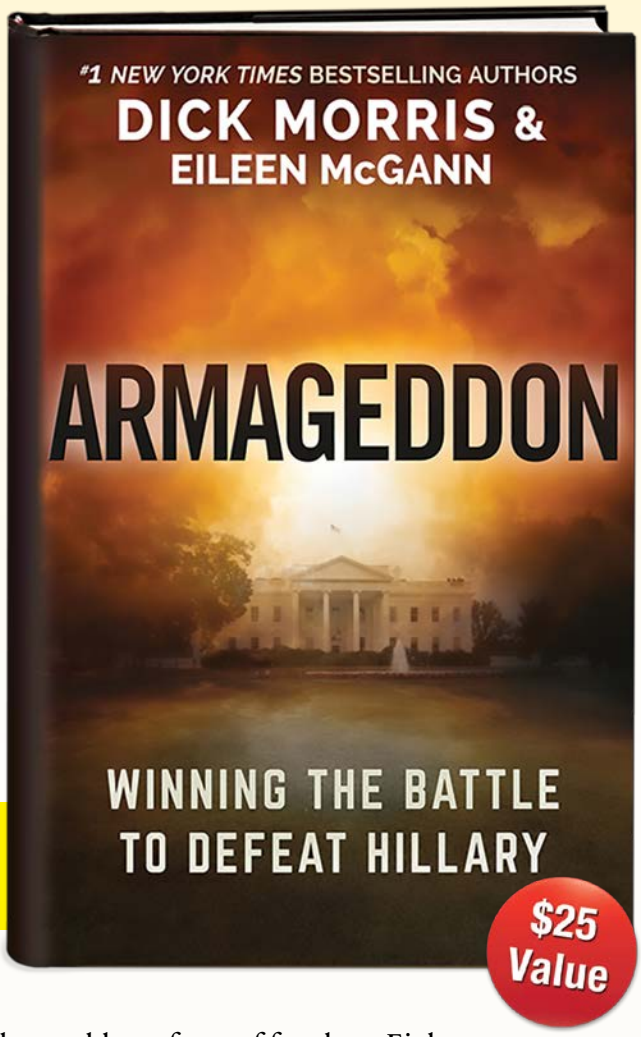
Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C. For 25 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.

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 Surgical Neurology International and the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons. He also serves as an assistant editor-in-chief for the journal Surgical Neurology International. He was also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine. At present, he is a reviewer for the journal Food & Chemical Toxicology and other journals.

Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss.

# Last Chance to DEFEAT HILLARY

## Get Dick Morris's Battle Plan for Conservative Victory




## YOURS FREE

**Just pay $4.95 shipping**

**The GOP can and must** retake the White House and save the nation from the liberal, freedom-destroying agenda of Hillary Clinton.

*This victory can happen only if we learn from the disastrous defeats of 2008 and 2012.*

In his brand new book, famed political analyst and *New York Times* bestselling author Dick Morris breaks down the issues and spells out the strategies that can lead to a decisive conservative win in November — the best hope of rolling back Obama's ruinous socialist actions.

### 2016, the Decisive Battle

Morris calls the 2016 presidential election America's Armageddon — a decisive battle to determine the future of this country.

At stake — vision of America as a free market democracy offering opportunity to our citizens and leading the world as a force of freedom. Eight years of Obama has sapped America's strength, but we are not defeated. 2016 is the decisive battle in the struggle against socialist uniformity, collective anti-individualism, executive usurpation, and political corruption.

### How to Get Your Free Copy

***Armageddon, Winning the Battle to Defeat Hillary,*** has a cover price of $25. But with so much at stake, NEWSMAX wants to rush this book in the hands of as many readers as possible.

That's why we're giving away this important book with a special offer. Just pay $4.95 shipping to receive your free copy. Plus you'll receive the next 3 issues of NEWSMAX magazine at no extra charge, with essential coverage of the campaign, the conventions, and the path to victory. **Act today to secure your copy of Armageddon.**

*Continued on next page*

**Claim Your FREE Book Today!**

**Order Online: Newsmax.com/Battle**

**Or By Phone: 1-800-311-4573**

See Website for terms, conditions, and eligibility.

# 2016: Win or Else

*Continued from other side*

## How to Derail the Disastrous Obama/ Clinton Agenda

AP IMAGES

In *Armageddon, Winning the Battle to Defeat Hillary*, political strategist Dick Morris shows how Republicans can win back the White House and put an end to Obamacare, the decimation of our military, and the open border policy that is destroying our nation.

Morris says the 2016 election is America's Armageddon — a decisive battle to determine the future of this country. In the must-read book of election season, Morris spells out:

- **How to lose an election; learning from the painful losses of 2008 and 2012**
- Why Republicans must stop chasing so-called "swing voters"
- **Why didn't whites vote in 2012? How to get the disappearing white vote to show up**
- The real key to victory: turn out the base (Obama proved this)
- **Hillary's shameful Anti-Israel policy; America's greatest ally hung out to dry**
- Make Hillary explain THIS; how terrorism flourished on her watch
- **Obama and Hillary: how they are knowingly letting terrorists into America**
- Hillary, Obama, and Kerry – enabling Iran, selling out America
- **Obamacare: the bills are coming due, and we can't afford them**
- Hillary's bad trade deals: how to get America's jobs back
- **Illegal immigrants: taking our jobs, holding down our wages**
- Hillary's pathetic Wall Street "reform" plan; will voters really buy it?
- **How Wall Street got richer under the Clintons**
- Democrats fan class warfare, gain votes; how to turn this strategy against them
- **Failed immigration policies: a key cause of income inequality**
- Winning women; Hillary cannot take them for granted if Republicans do this
- **Education reform: Democrats, unions, Hillary vs. parents and kids**
- Why young voters can't stand Hillary
- **How the GOP can win the popular vote and the Electoral College**
- Ten Reasons Why Hillary Clinton Must Not Be Our Next President (#4 is highly disturbing)

## Get Your Free Copy of *Armageddon, Winning the Battle to Defeat Hillary* Today!

**Claim Your Book Today!**

Order Online: **Newsmax.com/Battle**

Or By Phone: **1-800-311-4573**

See Website for terms, conditions, and eligibility.