The Blaylock Wellness Report
Living a Long, Healthy Life
Edited by Russell L. Blaylock, M.D.
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## Key Points

- **Tea has been tapped for its medicinal properties for ages**
- **Tea has proven strong in combating stroke, heart failure, cancer, and diabetes**
- **White tea offers the greatest benefits, as it undergoes the least amount of processing, which is what distinguishes teas**
- **Do not use lemon in tea — lemon increases absorption in the body of the naturally occurring aluminum in tea**
- **Want to lose weight? Tea can help**
- **Tea is a great digestive aid**
- **Tea can help protect the retina from free-radical damage — the type that causes macular degeneration and glaucoma**

**PLUS**

- **What you need to know about supplements**

**ASK DR. BLAYLOCK**

- **Answers for anxiety disorders; help for Huntington's disease; information on Candida infections**

# Miracle Tea

## Protects Your Heart and Brain While Preventing Cancer

Do you insist on having your daily tea? If you do, you're not alone. Tea has a long and storied history, with traditional tea time being a celebrated affair in Britain.

Let's not forget perhaps the most significant historical event for tea — nothing short of helping spark the American Revolution — the Boston Tea Party.

Tea isn't just a refreshing drink anymore. Numerous stories have appeared in the popular press touting the health benefits of green tea, including anticancer effects, weight loss properties, and antioxidant properties.

In fact, over 1,400 medical articles have been written on the medical benefits of green tea in the last 10 years.

There is a lot of confusion about the differences between white tea, green tea, oolong tea, and black tea. In truth, they are all derived from the same tea plant, Camellia sinesis. The differences among them lie in the processing.

Green tea has been a favorite drink among millions of people worldwide for centuries. Its health benefits are numerous and have better scientific documentation than most of the other plant extracts used for medicinal value. Evidence that confirms tea's effectiveness continues to grow.

### What Makes Tea So Good for You

Teas contain a number of active compounds, including catechins, quercetin, kaempferol, chlorogenic acid, theanine, theobromine and theophylline.

Of greatest interest to scientists are the catechins, which may reduce stroke, heart failure, cancer, and diabetes. Green tea contains approximately 30 percent catechins, and amounts are even higher in white tea. The lowest levels are in black tea.

Tea is a major source of quercetin in the diet. Quercetin is a potent flavonoid that is anti-inflammatory. It also protects against cancer and protects the brain.

Unfortunately, tea also contains high levels of two toxins, fluoride and aluminum. Studies have shown that little of the aluminum in tea is absorbed by the body because it is bound by catechins (flavonoids) in the tea. Yet, squeezing lemon in tea

dramatically increases aluminum absorption, somewhere close to 700 percent. Flavor your tea with mint instead.

The lowest levels of both of these toxins are found in white tea, the highest levels in black tea.

Brick tea, which is made from black tea leaves and stems, has tremendously high levels of fluoride, so high that it regularly causes fluorosis, which can destroy the skeleton, teeth and can even damage organs, including the brain.

Both toxins are absorbed from the soil, and the tea plant has a unique ability to concentrate them within its leaves. High levels of these two toxins in the soil are a particular problem with tea grown in India and communist China.

White tea, because it is harvested earlier than other forms of tea and is minimally processed, has a higher concentration of catechins, quercetin, and other nutrients. It also has far less fluoride and aluminum. **Therefore, when I refer to a study using green tea, you can substitute white tea in its place.**

The two most powerful anticancer components of teas are epigallocatechin gallate (EGCG) and quercetin. Both have been studied extensively. EGCG belongs to the family of catechins and is a powerful antioxidant.

## Tea Can Help Ward off Cancer

Abundant scientific research has shown that drinking tea regularly, especially green and white tea, helps prevent the development of cancer and even kills a number of types of cancer cells.

Tea has been shown to help prevent and combat a wide variety of cancers:

- colon cancer
- breast cancer
- prostate cancer
- lung cancer
- ovarian cancer
- hepatoma
- bladder cancer
- leukemia
- myeloma
- melanoma

Studies have shown that women who drink green tea regularly, such as Asian-Americans, have a lower incidence of breast cancer.

Most colon cancers develop from a collection of cells within the lining of the colon. Continuous irritation and inflammation of these cells eventually results in a full-blown colon cancer. This is why we see such high rates of colon cancer with inflammatory bowel diseases, such as ulcerative colitis and Crohn's disease.

Vegetable oils (N-6 oils), carrageenan, high meat diets (especially seared meats) and MSG (as well as other additive food excitotoxins) also produce colon irritation and inflammation.

Studies have shown that EGCG, from green tea and white tea, prevented colon cancer in experimental animals exposed to powerful cancer-causing chemicals.[1] Studies in both humans and animals implanted with human colon cancers have shown that EGCG is a very powerful inhibitor.

A recent study from Japan found that EGCG suppresses the metastasis of colon cancer. Other catechins from green and white tea also inhibited tumor invasion, which would significantly improve survival rates in cases of colon cancer.[2]

It is well-known that taking non-steroidal anti-inflammatory medications, such as ibuprofen (Advil), can significantly reduce the risk of developing colon cancer. This is because these medications block an enzyme (COX-2) necessary for tumor growth and invasion.

Another study found that EGCG inhibited both COX-2 and NFkappaB, both of which are vital to producing inflammation in the body. In fact, NFkappaB is essential for cancer growth.

Pharmaceutical companies are working at a breakneck speed to develop a drug that will specifically target these cancer-promoting enzymes. But God has already provided them for us in a number of vegetables, teas, and fruits.

The concentration used to prevent colon cancer is equal to drinking two to three cups of strong white tea a day.

Studies have shown that women who drink green tea regularly, such as Asian-Americans, have a lower incidence of breast cancer. One study found that EGCG and green tea itself inhibited the growth and invasion of breast cancer.[3]

Tea and its components slow the development of cancer by suppressing signaling molecules needed for cancer cell reproduction, and by blocking enzymes needed for tumor invasion. This not only helps prevent breast cancer, but should it develop, it would more likely be curable.

In addition, studies have shown tea has some benefit in preventing prostate cancers in humans as well as experimental animals.[4]

Studies using a combination of the amino acids

lysine, proline, arginine, as well as ascorbic acid and EGCG, found they inhibited the invasion and growth of prostate cancer and, at high doses, increased the killing of cancer cells (apoptosis).[5]

Of particular interest is the discovery that green tea extract inhibited hormone-sensitive cancers, such as breast and prostate cancers.

A number of studies have shown that green tea extract, and especially EGCG, inhibits hematological cancers, like leukemia and multiple myeloma. (Multiple myeloma is a particularly nasty malignancy that has a high mortality rate even with chemotherapy treatments.)

These studies show that EGCG inhibits leukemia cell growth and triggers their death (apoptosis).[6] One method is by inhibiting an enzyme critical to leukemia cell growth.

Another study found that EGCG stimulated the killing of multiple myeloma cells.[7]

Likewise, a number of studies have shown EGCG curbs the invasion of bladder cancer and also reduces cancer growth.[8]

Studies have also found that EGCG inhibits the development of lung cancer and reduces the growth of lung cancers should they develop.[9]

Ovarian cancers are also sensitive to the suppressive effects of EGCG. Careful studies have shown that EGCG inhibits ovarian cancer by a great number of methods, which makes it superior to conventional chemotherapy.[10]

Finally, recent studies show that green tea may inhibit the formation of melanomas. Melanomas, as with most skin cancers, are related to UVB exposure, i.e., sunburns. When the skin is sunburned, it releases a great amount of nitric oxide, which forms some very nasty free-radicals. This triggers development of melanomas.

Green tea extract, both when taken orally and applied topically, can interfere with the production of nitric oxide by the skin. Green tea also contains a number of powerful antioxidants, including quercetin, which is a powerful weapon against the growth and spread of melanomas. Green tea contains high amounts of quercetin.

## Tea's Powerful Liver Protection

A concern with any flavonoid is its ability to alter detoxification — a key function of the liver.

Some flavonoids, such as those in grapefruit, can inhibit detoxification of certain prescription drugs and caffeine. This can increase the toxicity of drugs and prolong the effects of caffeine.

Studies of green tea extract have shown no evidence that it changes the liver's ability to detoxify chemicals.[11]

EGCG can protect liver cells from the toxic effects of alcohol, mainly by its antioxidant and anti-inflammatory activity.

In addition, it has been shown to protect the liver from autoimmune hepatitis in experimental animal models of human disease by lowering the level of a critical chemical and suppressing the overactive immune system. EGCG has also been shown to lower blood cholesterol levels, primarily by inhibiting the absorption of cholesterol from the gut and by reducing the synthesis of cholesterol by the liver.[12]

Not all reports endorse the use of green tea extract, especially concentrations of EGCG. One study found that high doses (much higher than can be attained by drinking tea) interfered with mitochondrial function in liver cells, which could be toxic.[13]

## Get to Know Your Teas

**White Tea** White tea is composed of new growth buds from the tips of the tea plants. This form of tea undergoes the least amount of processing. Special enzymes within the more mature leaves trigger an oxidation process once they are picked. To stop the oxidation, the leaves are heated or fermented. Since white tea never undergoes oxidation, it is never heated or fermented.

**Green Tea** Green tea, which makes up 20 percent of the world's production, undergoes minimal oxidation (fermentation) by adding heat early in the processing, which inactivates the fermentation enzyme phenolase. As with all teas, only the tip of the plant is picked.

**Oolong Tea** This form of tea is oxidized to a degree somewhere between green and black tea, usually within two to three days of picking. The Chinese call this blue tea.

**Black Tea** This is what most people consider tea. The leaves are black because they are fully oxidized, usually for two weeks to a month. This process releases a group of compounds called tannins, which have anticancer effects, especially for colon cancer. The catechin levels, the flavonoids responsible for most of the medicinal benefits making today's headlines, are substantially lower in black tea.

Even though they admit that connections to EGCG are not very strong, the United States Pharmacopeia (USP) has asked that supplements containing concentrated EGCG be labeled with a warning that the product should be stopped if abdominal pain, dark colored urine, or jaundice occurs. People with a history of liver damage or disease should use the product with caution.

Studies have shown that at low to moderate doses (as with tea drinking), white and green tea act as powerful antioxidants, but that at very high concentrations, tea can promote dangerous oxidation. Combining the tea extracts with other antioxidants, such as vitamin E, C, K and D-3 help prevent this toxic effect.

## Drink Tea — Reduce Fat

When reports were released that indicated green tea caused a reduction in fat, products began to appear on the shelves extolling the virtues of green tea extract as an aid for weight loss.

The studies show a reduction in fat accumulation, by inhibiting the growth of fat cells.[14] The fat loss is due to inhibiting fat absorption from the gut as well as causing changes in the metabolism of fat cells themselves.[15]

The doses used to get this effect are generally higher than those contained in the weight-loss products or even by drinking green or white tea.

Another effect of green tea was that it reversed insulin resistance in mice. Insulin resistance is the cause of Type-2 diabetes.[16] The effect was quite dramatic, and researchers have suggested this may offer diabetics a new option in treatment.

One study found that EGCG acted like insulin.[17] Researchers also found that green tea extracts had a strong protective effective on the kidneys of diabetic animals from a disease called diabetic nephropathy in humans.[18] Diabetes is a major cause of kidney failure that leads to a need for kidney transplants.

EGCG has been shown to protect the heart in many ways:

- Protects it from enlarging in cases of hypertension by inhibiting angiotensin II, a chemical that is normally blocked by prescription drugs
- Protects the heart from free-radical damage
- Reduces heart inflammation

All are things associated with enlargement of the heart (cardiac hypertrophy). In addition, green tea extract reduces high free iron levels in the heart, which is associated with heart failure.

One of the earliest findings in atherosclerosis is that the cells lining all arteries function abnormally (called endothelial dysfunction).

Closely connected to this are abnormalities in the production of nitric oxide by these cells, which is critical for relaxation of the arteries.

## Heart Protection

EGCG has been shown to relax arteries, thereby improving blood flow and lowering blood pressure.

It has also been shown to reduce atherosclerosis caused by oxidized LDL-cholesterol. Remember, oxidized LDL-cholesterol, and not LDL-cholesterol itself, is strongly linked to atherosclerosis.

Green tea extract also safely improves the health of red blood cells without the side effects of medications such as Plavix.[19] This improvement in red blood cell health means that blood flows through arteries much easier.

Several studies have also shown that EGCG helps prevent strokes, and when strokes do occur, they are much less severe when green tea extract is given.[20]

Finally, EGCG from green tea has been shown to inhibit an enzyme called collagenase.[21] In excess, this enzyme weakens the collagen that gives strength to blood vessels and other tissues. This reduces the risk of varicose veins, hemorrhoids and leg edema.

A new study using cells from people afflicted with rheumatoid arthritis found that EGCG inhibited the inflammatory cytokines associated with the disease.[22]

Researchers concluded that green tea extract held a lot of promise in the ability to reduce the joint and tissue destruction associated with rheumatoid arthritis.

Other studies have shown that green tea extract represses the chemical that triggers rheumatoid arthritis inflammation.[23]

Thus, drinking green tea can reduce the pain, swelling, and disability associated with inflammation.

EGCG has been shown to reduce inflammation in the intestines, which would be important in treating inflammatory bowel diseases, such as

ulcerative colitis.[24]

Other studies have shown that EGCG significantly reduces the inflammation in the lungs associated with smoking. The inflammation of lung passageways leads to lung cancer, the leading cause of cancer deaths.

One would expect white and green tea to reduce the incidence of autoimmune diseases as well. This is confirmed by the observation that autoimmune diseases are less common in China and Japan, where green tea consumption is the highest in the world.

Two recent studies have shown that green tea extract can significantly reduce the severity and damage done by two nasty autoimmune diseases, Sjogren's syndrome and Lupus.[25]

This is important because cases of autoimmune diseases are increasing astronomically in the U.S.

EGCG has also been shown to reduce asthma in experimental animals. Because of its ability to decrease inflammation and modulate immune reactions, it makes sense it could also reduce asthma attacks in people.

A growing number of studies show that green tea and white tea have powerful antibacterial, antiviral, and antifungal activity. Tea has even been shown to inhibit the growth of the organism that causes malaria, a leading cause of death in the Third World.[26]

Another study looked at EGCG's ability to inhibit the growth of several organisms associated with food-borne infections, such as E. coli, Staphylococcus aureus, Listeria monocytogenes and Bacillus cereus.[27]

While active against all the bacteria, EGCG showed the greatest ability to fight antibiotic-resistant Staphylococcus aureus. The exciting news is that flavonoids, such as those found in white and green tea, may hold the key to treating antibiotic-resistant organisms, which are a growing problem.

Newer studies confirm that green tea extract or EGCG, enhances the effectiveness of antibiotics against a number of disease-causing organisms.[28] Drinking several cups of strong white tea daily while taking antibiotics will be more effective.

Incredibly, research has shown that green tea extract inhibits HIV infections.[29] Tea works by preventing HIV viruses from binding to the surface of cells, which is essential to infection.

EGCG has also been shown to reduce the risk of HIV-induced dementia.[30] Other research has shown that even gargling with concentrated extracts from green tea can significantly reduce flu in the elderly.[31]

If all this isn't impressive enough, recent studies have shown that the catechins from white and green tea can suppress the growth of a number of species of human Candida organisms. In some cases, it worked even better than prescription antifungal medications.[32]

## Tea's Brain Protection

As a neurosurgeon who works within the field of neurodegenerative brain disorders, such as Alzheimer's dementia, Parkinson's disease and ALS, I find the powerful protective effects of tea compounds very interesting.

A considerable amount of research has shown that green tea extract is highly protective of the brain. It has been proven that EGCG reduces the brain's generation of toxic beta amyloid, the main feature in the Alzheimer's brain.[33]

Alzheimer's brains accumulate considerable amounts of free iron. This iron tends to cause the beta amyloid to mass together and form highly toxic microscopic crud in the brain as well as accumulate tremendous amounts of free radicals.

EGCG not only reduces the toxic crud, it also binds the iron (a process called chelation), rendering it nontoxic.

Free iron also plays a major role in Parkinson's disease and tends to accumulate in the brain long before clinical signs develop. EGCG has been shown to reduce the incidence of Parkinson's disease in experimental models of the disease.[34]

Many of green tea extract's protective effects are based on its antioxidant effects, as it is 10 times more potent than vitamin E as an antioxidant.

One of the most destructive free radicals found in all neurodegenerative disease, especially in Alzheimer's, is called peroxynitrite. EGCG has been shown to be a strong suppressor of peroxynitrite.[35]

EGCG has also been shown to stimulate DNA repair, which is essential in protecting brain cells.

Excitotoxicity, the process by which nerve cells are damaged or killed, plays a central role in virtually all neurodegenerative diseases, including multiple sclerosis, Alzheimer's, Parkinson's and ALS. EGCG has been shown to significantly

## White Tea and Green Tea Protect the Eyes

A number of eye diseases, such as macular degeneration and glaucoma, are associated with oxidative stress (free-radicals and lipid peroxidation) within the retina, where all the nerve cells vital to sight are located. Studies show that EGCG protects the neurons in the retina against this type of free-radical damage. In fact, it was shown that EGCG was 10 times more potent as an antioxidant than either vitamin E or C.

The best results are obtained from drinking white tea several times a day as the Chinese and Japanese do.

impede excitotoxicity.

EGCG is also useful in protecting the brain in cases of stroke, brain trauma, and infections.

Closely linked to excitotoxicity is chronic activation of the brain's immune system. The immune cell in the brain is the microglia cell, and when activated for prolonged periods, it slowly destroys brain cells. This appears in Alzheimer's disease, autism, Parkinson's disease, strokes, brain trauma, encephalitis and ALS. Green tea represses the activation of brain microglia.

EGCG and the other catechins easily enter the brain, but only in low concentrations. Fortunately, large amounts are not needed for the benefits.

Other effects of green tea can benefit us. One recent study found that regularly feeding green tea extract to rats significantly enhanced their memory and their ability to learn.[36] It has also been shown to have a sedative effect and can relieve stress.

Both white and green teas contain another substance, theanine, that reduces stress, induces sleep, and protects the brain against excitotoxicity. A supplement containing pure theanine is available for use in treating sleep problems.

I have found that it induces deep sleep but that you feel very tired the next day. I would not recommend it as a sleep aid. Animal studies found that it enhanced learning. The levels of theanine found in white and green tea are optimal for relieving stress and relaxation without the side effect of excessive tiredness.

A recent study using animals that form calcium oxalate stones (kidney stones) found that EGCG significantly reduces stone formation by lowering oxalate crystals in their urine.[37] These stones are also common in humans. If you have a problem with kidney stones you may want to drink several cups of strong white tea a day.

Not only can green tea prevent UVB triggered skin cancers, it also significantly protects against skin aging by protecting the skin cells' DNA and by promoting DNA repair. When skin is exposed to the sun, the UVB rays suppress immunity within the skin, a major process in skin aging. It has been shown that EGCG restores this lost immunity when applied topically or taken orally. Other studies have shown that EGCG can protect the lens of the eye against UVB damage, which is a major cause of cataracts.

## Why Drink White Tea?

Because white tea contains more of the catechins than in the studies that were conducted using green tea extract, and it also contains far less fluoride and aluminum, **always drink white tea.**

I would recommend using two to three bags of white tea per cup. Simmer for at least 10 minutes. Squeeze the bags repeatedly as you let it simmer. After simmering, remove the bags and squeeze all the tea from the bags. Tea experts tell you that simmering tea too long or making it too concentrated will make it bitter.

Actually, the more bitter the tea, the better, because the bitterness is caused by the catechins — the good stuff. Add some sweetener, such as Just-Like-Sugar and maybe a few leaves of mint. Drink at least two to three cups a day.

Studies have shown that the catechins stay in the blood for about five hours. Three cups will cover most of one day. You will want to drink more if you are treating a disease, such as Parkinson's or an infection.

Several companies make a concentrated green tea extract. In some supplements, this is equivalent to 20 cups of tea. As stated, recent warnings of the risk of liver damage suggest taking the supplement with a meal and watching for warning signs of liver damage, such as abdominal pain, dark urine and jaundice (yellow skin). Taking other antioxidants with the extract should protect against liver injury.

# Health and Nutrition Updates

## Better Digestion = Better Health

As we age, our ability to digest food begins to decline. This is mainly because of a fall in stomach acid and low levels of digestive enzymes. Our obsession with junk foods, high meat diets, high carbohydrate diets and food additives plays a significant role as well.

Normally, our pancreas, the source of many of the digestive enzymes, depends on food-based enzymes to help in digestion. The best sources of these enzymes include raw fruits and vegetables.

Studies have shown that diets low in raw fruits and vegetables cause the pancreas to enlarge and can lead to pancreatitis. One of the major offenders is soy products, which contain a powerful inhibitor of digestive enzymes. Americans, especially women, are consuming huge amounts of soy products, far greater than Asian populations.

There is certainly a strong suggestion that these problems have led to the massive increase in gastric reflux disease. The medical profession assumes that the problem is too much acid, even in the elderly, who most often have very low acid levels. In fact, the problem is improper digestion of our food due to low acid and inadequate digestive enzymes.

When doctors give medications to lower stomach acid levels it just makes things worse in terms of digestion, and it makes the person totally dependent on the medication for relief.

Likewise, recent studies have shown that taking these acid-lowering medications (called proton-pump inhibitors-such as Aciphex, Nexium, Prevacid and Prilosec) increase the incidence of pneumonia 300 percent and hip fractures 245 percent in the elderly.

So, what can you do? Studies have confirmed that dramatically reducing carbohydrate intake, avoiding sugar and avoiding carbonated soft drinks can quickly reduce symptoms for many sufferers.

Two products also dramatically reduce symptoms in people with GERD and acid reflux. These include Mastic gum and deglycyrrhinated licorice (called DGL). Careful clinical studies have shown improvement in the damage to the lower esophagus and a reduction in stomach ulcers. Mastic gum has been shown to reduce the growth of H. Pylori, the organism responsible for most ulcers. **You can get both from Vitamin Research Products: www.VRP.com or 800-877-2447.**

For repair of digestive enzymes a new product, called **Enzalase,** appears to be one of the best. It contains an array of enzymes that digest proteins, fats, fiber, and carbohydrates. Fiber digestion is important since it releases critical food products for probiotic organisms in your colon.

I am impressed by their carbohydrate enzymes, which cover all the major forms of starches. A special encapsulation protects the contents from destruction by stomach acid, allowing it to enter the upper intestine, where the most important digestion takes place. **You can get the supplement by calling 888-734-4172 or visiting www.enzalase.net.** This is the same company that makes the probiotics Theralac, which I also recommend.

For those with documented low stomach acid, betaine HCL can restore the lost acid. It is taken at the beginning of each meal. The dose is variable, but generally you take one capsule and then add additional capsules until you feel a warming of your stomach. At that level, reduce the dose until the warm feeling disappears. Those with stomach or duodenal ulcers should consult their doctor before using these supplements.

## What You Need to Know About Supplements

People often ask me, "Should I take vitamin supplements if I eat a good diet?" This is an important question, and the answer depends on what you consider a "good diet."

I have had people tell me that they stick to a good diet, but when I have them make a daily log of what they eat, I am astounded by the amount of unhealthy food they are consuming. They think canned string beans or other canned vegetables are healthy. Often they eat too many carbohydrates and most are consuming large amounts of excitotoxic food additives.

If a person eats five to seven servings of cruciferous vegetables, such as broccoli, Brussels sprouts or cauliflower, or deep green, yellow or nutrient dense vegetables a day in addition to low amounts of complex carbohydrates and no sugar, their need for supplements will be much less.

The diet should also include purified water, some whole grains and a few fruits. Meats should include low mercury seafood and organically raised chicken or pork.

In addition, one can add red wine that is low in fluoride, which would exclude California wines. Extra virgin olive oils should be eaten every day, either with small amounts of whole grain bread or as a salad dressing.

This is the Mediterranean diet. Studies have shown that closely adhering to this diet reduces your risk of a heart attack by 75 percent and of developing Alzheimer's disease by 68 percent.

Recent studies of the Mediterranean diet found that it increased overall antioxidant levels in the body and significantly lowered the levels of oxidized-LDL-cholesterol, the main culprit in heart attack risk.[38]

Another study found that the diet lowered CRP levels (a measure of inflammation), inflammatory cytokines, homocysteine, and fibrinogen levels, all indicators of heart attack risk.[39]

Adhering to this diet also significantly reduces obesity. Several studies have shown that extra virgin olive oil lowered the inflammatory COX enzymes, which also lowers the risk of colon, breast, and prostate cancer.

Those who are not able to adhere to the diet should take additional supplements to reduce the risk of disease. Likewise, according to a number of large studies, a great number of youth and elderly are severely deficient in a number of vitamins and minerals. Those with existing health conditions will also need special supplements to overcome the disease.

Despite the hype by the FDA and pharmaceutical industry, most major supplement manufacturers make high quality supplements that are independently tested for content and purity.

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# Ask Dr. Blaylock

## Attention Blaylock Readers:

**Dr. Blaylock welcomes any questions or comments you would like to share. Each month, he will select a few to be published and answered in the newsletter. Please remember that he cannot answer every question. When submitting a question or comment, please include full name, city, and state. Please e-mail the doctor at:** askblaylock@newsmax.com.

**Q: What is the best way to treat anxiety disorders?**

— Bryan B., Richardson, Texas

**A:** The answer depends on the cause of the anxiety. One of the common causes is excessive caffeine consumption. Limit yourself to no more than one cup of caffeinated coffee, recognizing that there are a number of foods and drinks that contain caffeine, such as chocolate, soft drinks and tea. Best is to eliminate caffeine altogether.

Unrecognized by most is that processed foods are loaded with excitotoxin additives, which cause the brain to become overexcited, especially under certain conditions, such as reactive hypoglycemia and with diets high in corn products (which are low in tryptophan, the precursor amino acid for serotonin, the brain's natural tranquilizer). Likewise, excitotoxin food additives cause hypoglycemia, which compounds the problem.

In a certain number of people, aspartame will trigger significant hypoglycemia, which explains why they gain weight (snacking all the time) and experience anxiety. The bottom line is to correct your diet. Eat only fresh fruits and mainly vegetables, a few whole grains, avoid all sugar. Drink only purified water and eat meats from organically raised animals. Reduce, or eliminate, red meats from your diet. Mercury from the flu vaccine can also trigger anxiety for a prolonged time. And excessive vaccination also triggers anxiety.

There are supplements that can help as well. Never mix these supplements with prescription psychotropic medications. Inositol is a natural substance that the brain uses to calm itself. You can take one teaspoon of the powder and mix with a half-glass of water and take two to three times a day. (You can get it at www.vitacost.com.) It reduces anxiety and improves sleep. Inositol has also been shown to reduce the pain of diabetic peripheral neuropathy as well.

In the past, you could take L-tryptophan, but it has been removed from the market. Another product, called 5-HTP, is a related product that is used to improve sleep and reduce anxiety. In the brain it is converted to the anti-anxiety neurotransmitter serotonin. The dose is 50 milligrams two to three times a day, taken on an empty stomach. If you experience excessive daytime tiredness, cut back the dose. Improving sleep also reduces daytime anxiety. It should not be taken with SSRI medications or other psychotropic medications.

A substance found in white and green tea called theanine has also been shown to reduce anxiety. There is a product that contains pure theanine, which will improve sleep but can cause excessive daytime fatigue in my experience. Others find it improves sleep and next-day restfulness while reducing anxiety. A number of the flavonoids have been shown to reduce anxiety, such as hesperidin, quercetin, and curcumin. They also prevent cancer, atherosclerosis, and protect the brain.

Finally, recent research demonstrates a strong connection between migraine headaches and anxiety disorders. Ironically, there is also a strong connection between migraine headaches and exposure to excitotoxins and hypoglycemia. Cure the hypoglycemia with a corrected diet and remove the excitotoxins from your diet and you cure all three problems.

**Q: My brother in law has been diagnosed with Huntington's disease. Is there any natural medicine that can help him?**

— Jasbir D., Cupertino, Calif.

**A:** While there is no known cure for this terrible condition, from what we now know about it,

there are steps to be taken to at least slow the course. Like other neurodegenerative diseases (Parkinson's, Alzheimer's and ALS) chronic activation of microglia (the immune cells of the brain) is an early event and plays a vital role in causing the damage. When activated, microglia secrete toxic amounts of glutamate and aspartate (excitotoxins), meaning that this disorder is an excitotoxic/inflammatory disease.

Newer studies also show that people with this condition have very high rates of free-radical formation and cellular energy loss, two things that greatly enhance excitotoxicity. A number of nutrients and supplements can improve all three of these disorders. For example, silymarin, curcumin, trans-ferulic acid, resveratrol, and DHA all reduce microglial activation and reduce excitotoxicity. In combination, they have much greater effectiveness.

Vitamin B-1 (as benfotiamine), riboflavin, niacinamide, B-6, folate, methylcobalamin, alpha lipoic acid (as R-lipoid acid), acetyl L-carnitine, ginkgo biloba (also reduces excitotoxicity), vitamin K and vitamin C (buffered) increase brain energy production, especially when used together and in higher doses. CoQ10 plays a special role in brain energy protection and also is a powerful antioxidant. The dose is 300 milligrams three times a day mixed with either extravirgin olive oil or DHA oil.

The most effective antioxidants are mixtures, which include curcumin, quercetin, hersperidin, DHA, the above antioxidant vitamins plus vitamin E (Unique-E) and vitamin C (buffered). The curcumin and quercetin are best absorbed if mixed with an oil (extravirgin olive oil or DHA). One of the more powerful brain antioxidant systems is glutathione, which is very low in the Huntington's inflicted brain. Alpha-lipoic acid, NAC (N-acetyl L-cysteine) and curcumin increase brain cell glutathione levels.

Dietary changes are also important. The best diet would be a pure vegetarian diet, so as to avoid the high glutamate levels naturally found in meats. Tomatoes, cheeses, and soy also have very high glutamate levels. Avoid all mercury exposure (dental amalgam, vaccines, etc) and test for metal toxicity. Avoid all fluoride products and drink only purified water.

Doing all of these things in combination has the best chance of improving the course of this disease. Little has been offered by the pharmaceutical industry.

**Q: My son is battling the non-bacterial form of prostatitus. Do you have any suggestions that could help?**

— Bill C., Tarzana, Calif.

**A:** Chronic prostatitis is a common problem and some causes are overlooked by physicians. One of the most commonly overlooked is prostatitis due to Candida infections. These can be deep-seated infections and occur commonly in both men and women (vaginal Candidiasis in women), meaning both husband and wife need to be treated. The cure is to take one of the antifungal medications, such as Sporanox (Diflucan is a fluorinated medication and should not be taken), or natural remedies. Eliminating sugar and fermented foods from the diet is essential.

Other causes include viral infections. These are hard to treat, but boosting immunity with beta-1,3/1,6-glucan, for example, can improve the situation. For the vast majority, no known cause has been found. Some suspect that the condition follows a prostatic bacterial infection with the result that the inflammatory mechanism in the prostate never shuts down after the infection clears, i.e., the prostate stays inflamed.

A couple of studies have found that quercetin can improve the situation. Quercetin is a powerful anti-inflammatory and turns the inflammation signals off. More than 60 percent of men with chronic prostatitis improved significantly with regular use. Mixing curcumin, hesperidin, and quercetin works even better. The dose is 250 milligrams of each mixed with one tablespoon of Norwegian omega-3 fish oil (www.vitacost.com, the Carlson brand). The omega-3 oil also reduces prostate inflammation and lowers the risk of prostate cancer.

Beta-sitosterol, 60 milligrams to 120 milligrams three times a day also reduces prostate inflammation and has been shown to improve urine flow. It may reduce prostate cancer risk as well. Stinging Nettle extract has been shown to reduce prostate inflammation as well. Zinc, 30 milligrams a day for one month and then 15 milligrams daily, helps as well.

**Q: My boyfriend, who is 40 years old, has twice been diagnosed with candida esophagitis. Would probiotics help?**

— Karen B., Palos Verdes Peninsula, Calif.

**A:** A person who develops repeated Candida infections, especially of the esophagus, most often suffers from severe immune deficiency. We often see this form of infection, especially if recurrent, in cases of cancer chemotherapy and/or use of powerful broad-spectrum antibiotics, both of which can suppress immunity and cause an overgrowth of such organisms.

I would suggest he undergo a thorough evaluation for immune function, especially to rule out immune-suppression disorders such as HIV infection, hematological malignancies (lymphoma, leukemia or multiple myeloma), immunosuppressive viruses (herpes or cytomegalovirus), corticosteroid use (or Cushing's syndrome), diabetes, or severe nutritional depletion.

Should he have an immune deficiency, he can contract recurrent Candida via oral sex as well. I would recommend immune-stimulant supplements and nutrients, such as mixed carotenoids (beta-carotene, alpha-carotene, canthoxanthin, lutein, etc.), vitamins C, E, D-3, B vitamins and the minerals zinc, selenium (as selenomethionine) and magnesium.

All of these support immunity. Severe chronic infections deplete nutrients and this worsens immune function.

It is imperative that he avoid all sugar and sugar-containing products. Yeast feed on sugar. He should also avoid all fermented foods.

In addition, he would benefit from stimulation of his cellular immunity (which fights fungi) by such products as beta-1,3/1,6-glucan and arabinoglalactan. Green tea (white tea) inhibits fungal growth, as do curcumin, quercetin, resveratrol and hesperidin.

And you are correct, he will benefit from probiotics — I recommend Theralac two capsules twice a day for a week, then two capsules a day thereafter until well.

He should take one capsule three times a week thereafter for maintenance.

Once the infection becomes deep seated (deep into the tissues of his esophagus) he may need prolonged medical treatment or prolonged natural remedy treatment. There are a number of products for treating Candida infections naturally.

**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.**

# About Dr. Blaylock

Dr. Russell Blaylock edits NewsMax.com's **Blaylock Wellness Report**. He 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 the past 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including Excitotoxins: The Taste That Kills, Health and Nutrition Secrets That Can Save Your Life, and his most recent work, Natural Strategies for The Cancer Patient. 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.

Also, Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation.

Dr. Blaylock serves on the editorial staff of the Journal of the American Nutraceutical Association and is the associate editor of the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons.

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

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For permission, contact the publisher at PO Box 20989, West Palm Beach, Florida 33416.
**Publisher** Christopher Ruddy
**Editor** Russell L. Blaylock, M.D.
**Contributing Editor** David Alliot
**Art/Production Director** Elizabeth Dole
To contact **The Blaylock Wellness Report** send e-mail to: askblaylock@newsmax.com.
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