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6 Tips for **HEALTHY AGING**

8 SIGNS FOR EARLY DIABETES RECOGNITION

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What's New Online

Find more of what you love about *Alternative Medicine*: health news, holistic therapies for common conditions, nutrition tips, and tips for healthy living!

This Month...

November

Nearly 30 million people in the United States are living with diabetes, and 90 to 95% have type 2 diabetes. If current trends continue, about one in three American adults will have diabetes by 2050. You can control type 2 diabetes, learn more by visiting the diabetes center at alternativemedicine.com. You will find exercise tips, supplement options, and diet tips to help control your blood glucose and A1c levels.

Condition Spotlight

Cannabis, but Not Marijuana?

If marijuana and hemp are both Cannabis Sativa, what is the difference? Are there cannabinoids available outside of scope of medical marijuana? Can they affect my condition? These questions are all commonplace when trying to sort out the role of products derived from industrial hemp. Here is the story of one man who is successfully controlling his seizure disorder with hemp-derived CBD oil.

Can we be cured?

Dr. Joseph Pizzorno addresses this issue in his feature article "Reaching for a Cure" in this issue. For many chronic health issues you have the power to treat yourself. By eating a clean diet, exercising regularly and avoiding toxins you will put yourself on the plus side of living healthy. [Learn more of what to eat and what toxins to avoid at \[alternativemedicine.com\]\(http://alternativemedicine.com\).](#)



Do you feel a little dirty sometimes (I mean inside). Try these 3 detox soups to purge toxins and food-borne additives.

More Online...

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A man with short grey hair, wearing a white t-shirt and dark pants, stands in a kitchen. He is holding a wooden cutting board with sliced cucumbers and a knife. In the foreground, there is a wooden table with a glass bowl containing sliced tomatoes and cucumbers, and several whole red tomatoes. The background shows a kitchen with white cabinets, a sink, and shelves with jars.

Six Tips for **Healthy Aging**

EAT HEALTHY

Choosing healthy foods is smart, no matter your age. Make healthy choices with plenty of fruits and veggies, fiber, and healthy fats. Eating right helps prevent, delay, and manage heart disease, type 2 diabetes, and other chronic diseases. Losing even 5% to 7% of your body weight can help prevent or delay type 2 diabetes. Protein digestion decreases with age, so a moderate increase in consumption has benefits.

GET REGULAR PHYSICAL ACTIVITY

Staying active can help you prevent, delay, and manage chronic diseases. It also lessens your risk of falling, improves balance and stamina, reduces arthritis pain and disability, and helps your brain stay healthy. Aim for moderate physical activity (like brisk walking or gardening) for at least 150 minutes a week. Moderate strength training (think body weight resistance) also has tremendous benefits.

QUIT SMOKING

Stopping smoking (or never starting) lowers the risk of serious health problems, such as heart disease, cancer, type 2 diabetes, and lung disease, as well as premature death—even for longtime smokers. Take the first step and call 1-800-QUIT-NOW for FREE support.



GET REGULAR CHECKUPS

Visit your doctor for preventive services, not just when you're sick. Get appropriate health screenings and know your numbers: Vitamin D, Vitamin B₁₂, HbA1c, fasting blood glucose, fasting insulin, blood pressure, triglycerides, and C-RP.

KNOW YOUR FAMILY HISTORY

If you have a family history of a chronic disease, like cancer, heart disease, hypertension, diabetes, or osteoporosis, you may be more likely to develop that disease yourself. Share your family health history with your doctor, who can help you take steps to prevent these conditions or catch them early.

BE AWARE OF CHANGES IN BRAIN HEALTH

Everyone's brain changes as they age, but dementia is not a normal part of aging. Studies show that controlling high blood pressure, getting regular physical activity, and quitting smoking may reduce the risk of dementia or Alzheimer's disease. Remember, forgetting where your keys are is not a sign of dementia, but forgetting what your keys do is. See your doctor if you have questions about memory or brain health.

Materials from CDC.gov contributed to this article.

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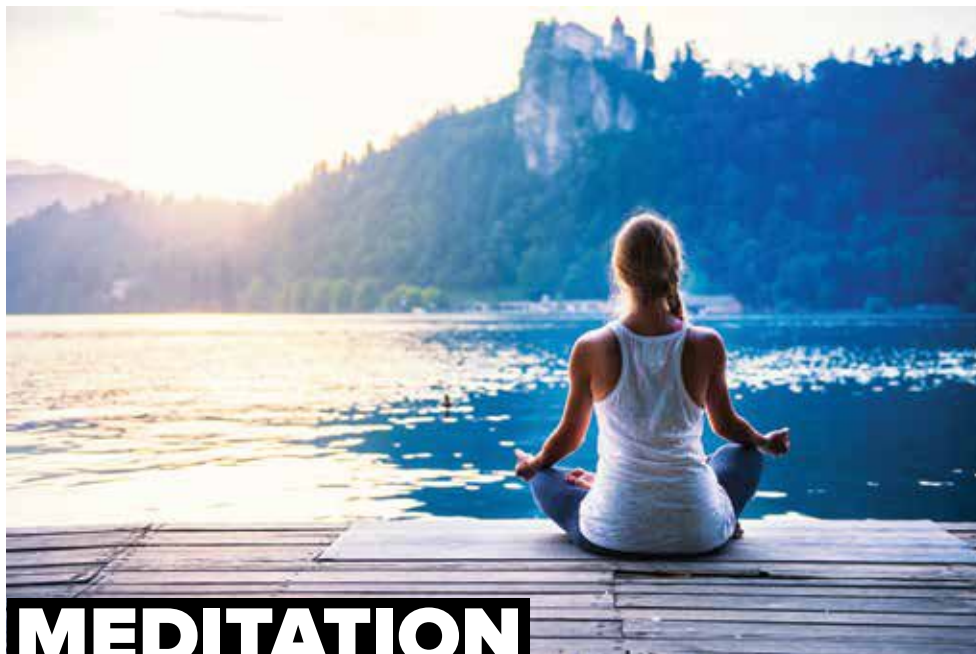
NOROVIRUS

(also known as stomach flu) is the most common cause of food poisoning in the United States. One in six Americans gets sick every year from contaminated food. Swelling in the stomach and intestines lead to pain, nausea, diarrhea, and vomiting. Some foods—like oysters, fruits, and vegetables—can be contaminated naturally, but most cases are caused by how the food is handled by processors, cooks, or even servers who are exposed to harmful bacteria. Other sources of food poisoning include *E. coli*, *Salmonella*, and *Listeria*.



Did you know that dry eyes—feeling gritty, sore, itchy, or a burning sensation—can be related to problems with your **thyroid gland**? Sometimes they may be the first sign of a thyroid disease. *Source: WebMD*

→ Ever finish your morning cup of joe only to find yourself running to the bathroom? If so, it's not just you. According to the American Chemical Society, coffee has this effect on about **30%** of people.



MEDITATION

Studies have shown that learning to regulate your mind can, among other things, increase stem-cell production, change your hormones, and reduce inflammation. In fact, one day of practice by those who are somewhat experienced in meditation can downregulate hundreds of inflammatory genes. *Source: Mark Hyman MD*




Why Am I Always **Hungry**?

Have a hunger that you just can't shake? Maybe your signals are getting crossed. Dehydration can cause sensations easily interpreted as hunger. Work to keep yourself hydrated throughout the day, and take a water break if you suddenly feel hungry at a time of day when your body isn't expecting food.

Magnesium is the “relaxation mineral” of choice used by many doctors, because it reduces stress and anxiety by lowering cortisol levels in the body.

Because stress and anxiety are known causes of insomnia, the importance of elevating the levels of magnesium in your body to treat and prevent insomnia cannot be stressed enough. Visit the magnesium center on alternativemedicine.com to learn more about this important mineral.

Source: David Perlmutter MD



The declining angle of the sun means that nights are longer and days can be colder—a double hex that results in impaired production of the sunshine vitamin. Add vitamin-D rich foods to your winter diet:

- Salmon
- Sardines
- Cow's milk
- Tuna
- Eggs
- Shitake mushrooms

Herbal remedies for heartburn

Some people find herbs and other natural remedies to be helpful in treating heartburn symptoms. Here are some examples:



CHAMOMILE: A cup of chamomile tea may have a soothing effect on the digestive tract. If you have a ragweed allergy, don't use chamomile.



GINGER: The root of the ginger plant is another well-known herbal digestive aid. It has been used for centuries as a folk remedy for heartburn.



LICORICE: Licorice has proven effective in several studies. Licorice is said to increase the mucous coating of the esophageal lining, helping it resist the irritating effects of stomach acid.

Deglycyrrhizinated licorice, or DGL, is available in pill or liquid form.

Source:



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NOVEMBER IS AMERICAN DIABETES MONTH

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

- Urinating often
- Feeling very thirsty
- Feeling very hungry—even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands or feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

Source: American Diabetes Association

Diabetes Stats: Adults aged 40 to 59 are in the age group with the highest diabetes rates. According to one study, this is expected to shift to adults ages 60 to 79 by 2030.
Source: healthline.com

30.3
MILLION

people have diabetes
(9.4% of the US population)

23.1
MILLION

people have diagnosed diabetes

7.2
MILLION

people are undiagnosed
(23.8% of people with diabetes)

Source CDC



Diabetes: Familial Risk

A child has a 1 in 7 chance of developing diabetes if one parent was diagnosed before age 50. If the parent was diagnosed after age 50, the child has a 1 in 13 chance. The child's risk may be greater if the mother has diabetes. If both parents have diabetes, the child's risk is about 50 percent.

Source: healthline.com

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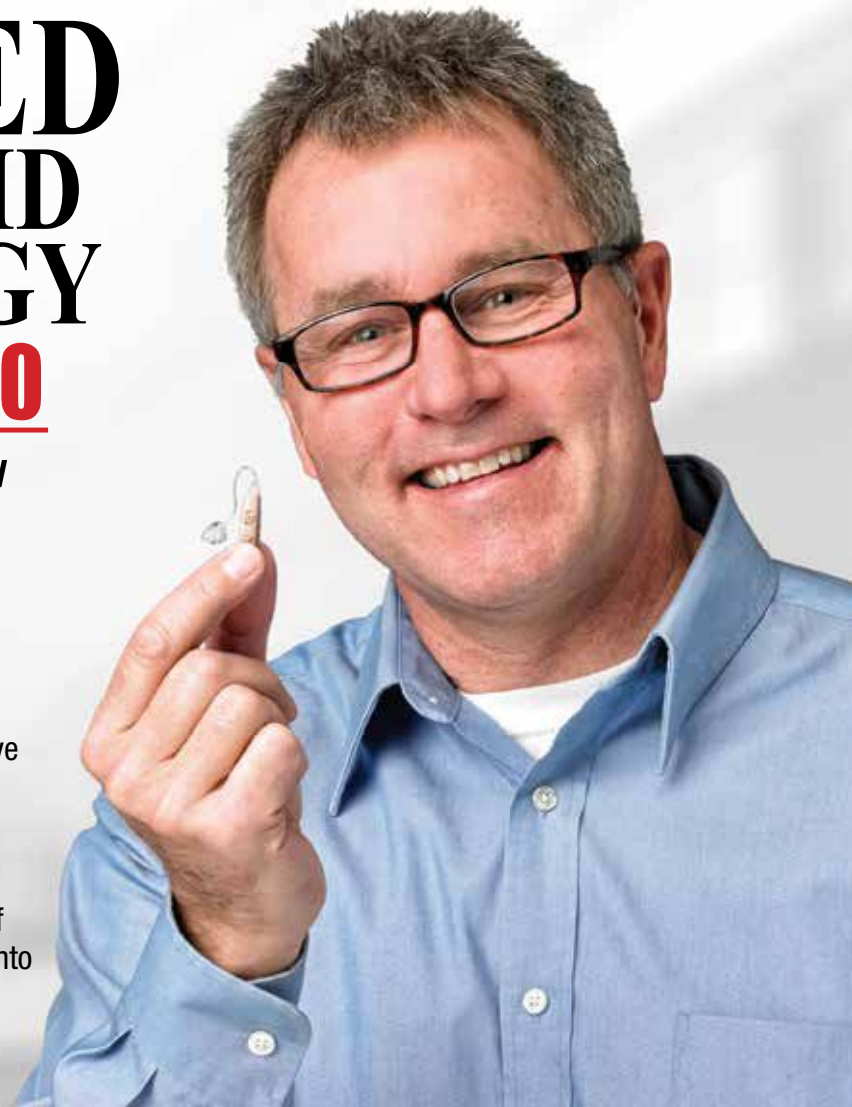
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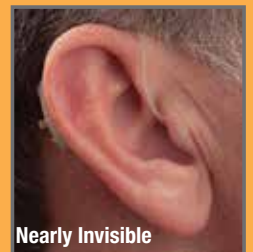
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SURVIVE *Party* SEASON

➔ Eat a small, balanced meal or snack before you leave home. If you arrive to the party hungry, you'll be more likely to overindulge (another great reason to NOT skip breakfast and lunch).



➔ Study all of the food options, and think about what you are going to have before you put anything on your plate. Decide which foods are worth eating and which can be ignored, and then stick to that decision.



➔ Choose vegetables first. Broccoli, baby carrots, cauliflower, and tomatoes are good choices that are usually on the appetizer table. Take only a small spoonful of dip or skip it entirely.

➔ If you taste something that you don't enjoy, leave it on your plate—don't finish it!

➔ Eat chips and crackers in moderation, and definitely avoid eating them straight from the bag. Put some on a small plate and don't load them down with creamy mayo-based dips.



➔ Try not to hang out near the food to avoid grazing. Find a comfortable spot across the room and focus on socializing instead of eating.

➔ Diabetics should regularly check their blood sugar throughout the holidays, and adding a few extra checks on a party day may help guide your choices.

➔ Sip a large glass of water or mineral water. This will keep you hydrated and provide you with a better option than alcohol.



➔ Take a walk or attend your usual exercise session the day of a party. Make it a priority rather than saying there isn't time. It is probably more important than the party!

Source: American Association of Diabetes Educators

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EAT Plants

Plants are the staff of life. They give us the tools we need to build complex nutrients to keep our bodies functioning optimally. A study published in the *American Journal of Clinical Nutrition* revealed that participants who indulged in 7+ servings of vegetables and fruits daily had a 41-percent reduced risk of death from all causes compared with those consuming 1 serving or less. Furthermore, boosting your consumption of produce and reducing your intake of animal protein significantly benefits the environment. Industrial livestock practices increase the risk of land degradation, water shortage, antibiotic resistance, and production of anthropogenic gases such as carbon dioxide, methane, and nitrous oxide. (Can you say global warming?) And don't worry, you don't have to become a vegan—even going meatless once a week has been shown to provide extensive health benefits and can reduce your carbon footprint. The bottom line when it comes to choosing plants: the more color and the less processed, the better!

EAT Organic (WHENEVER POSSIBLE)

Organic eating is a legitimate practice to ensure your food is clean. According to the United States Department of Agriculture National Organic Program, foods containing the organic seal have been verified by a USDA-accredited certifying agency that their ingredients come from crops that are free from sewage sludge (a potential stew of asbestos, fungi, heavy metals, and industrial solvents), synthetic fertilizers, prohibited pesticides, genetically modified organisms, and ionizing radiation. For livestock, producers must meet animal health and welfare standards, eliminate use of antibiotics and growth hormones, use 100-percent organic feed, and provide animals with outdoor access. A recent meta-analysis of 343 studies published in the *British Journal of Nutrition* found substantial nutritional advantages to choosing organic vs. conventionally grown foods. Benefits include far less pesticide residue and greater concentrations of antioxidants such as polyphenols.

7 TIPS FOR

EATING A *Clean* DIET*Diet Feeling a little dirty?*

BY KARLYN GRIMES, MS, RD, LDN, CSSD

Autumn is well underway, so now is the time to clean up before the cool winter breezes usher us into the holidays. Now, I'm not just talking about raking leaves and busting out the seasonal decorations. I'm talking about cleaning up your diet to become an official clean-food connoisseur. Here's your how-to!

These power-packed compounds have been shown to reduce the risk of heart disease, certain cancers, and other diet-related chronic diseases. Based on this study, a switch to organic fruits, vegetables, and cereals can increase your intake of antioxidants by 20 to 40 percent. Wow!

EAT *Sustainably*

When it comes to food, the term *sustainable* refers to the process of producing plant- and animal-based foods in an economical, environmentally friendly manner that is safe for current communities and consumers as well as future generations. Sustainable agriculture does not rely on toxic chemicals or practices that degrade our natural resources such as our water supply and soil. An example of sustainable agriculture is raising free-range meat, poultry, and eggs. Free-range animals are raised on pastures where they can move freely, engage in instinctive behaviors, consume a natural diet, and avoid the stress and illness associated with confinement. These animals have also been found to have less fat, more vitamins and minerals, and a better omega-6 to omega-3 ratio when compared with those that are conventionally raised. It all boils down to clean practices that produce clean foods and give us a clean bill of health.

EAT *Locally*

If you demand maximal freshness, nutrient retention, and great flavor, purchase your produce locally or domestically. A great way to make this happen is by joining a community supported agriculture program, or CSA. CSAs allow consumers to buy local, seasonal food directly from a farm. In a nutshell, farmers enrolled in CSA programs offer a certain number of memberships or subscriptions to the public. Enrolled members receive a box, bag, or basket of seasonal produce each week throughout the farming season. While members are experiencing a whole new world of unique, delicious produce, local farms gain financial security in their threatened



but life-sustaining vocation. Check out Local Harvest: Real Food, Real Farmers, Real Community at localharvest.org for a comprehensive directory of CSA farms throughout the United States. Keep in mind: no farms, no food!

EAT *Homemade*

Get the home-cooking advantage! According to a study in *Public Health Nutrition*, those who prepared homemade meals six to seven nights per week consumed, on average, fewer daily calories, fat, and sugar than those who ate home-cooked meals only once per week or not at all. This makes sense: The average restaurant meal packs in more than 1,400 calories. In addition, joining your family and friends in the meal preparation process can be a great time to reconnect while allowing you all to enjoy the unprocessed fruits of your labor.

EAT *Mindfully*

People in today's world are constantly on the run: We eat in the car, at concession stands and fast food restaurants, lurking in the kitchen, watching TV, and in many other unrelaxing and nonmindful ways. When food is eaten in this manner, we are less present and don't keep tabs on what or how much we eat. Part of clean eating

is eating mindfully. Mindful eating allows you to chew, taste, and enjoy every bite in a seated, relaxed environment. Practicing mindfulness while eating allows you to detect and respond to natural cues of hunger and satiety rather than emotional and psychological banter.

EAT *Seasonally*

By eating produce at its peak time, you will be blessed with top taste, maximal nutrient density, and boundless eating enjoyment. Produce that is available out of season is often produced by extraordinary measures or shipped from faraway places resulting in not only lack of flavor and texture, but also loss of key nutrients. Another option is to buy produce in bulk when it is at the height of its season and freeze it. Freezing soon after harvesting can result in greater nutrient retention than fresh produce that has been shipped across the country or (or halfway across the world). To maximize nutrient retention, steam, microwave, roast, or use other cooking methods that use minimal water. 🍷

KARLYN GRIMES, MS, RD, LDN, CSSD, is a faculty member in the School of Nursing and Health Studies at Simmons College in Boston, MA, and the founder of *Simply Simple Health* (simplysimplehealth.com).



Research shows that the **isothiocyanates** from kale help regulate detox activities.

Beets are known to cleanse and support the liver.

Watercress has been shown to help the body detox and is effective for weight loss.

Detox SOUPS

3 Savory Soup Recipes to Heal Your Body

LIVER-CLEANSING RAW *Beet Soup*

- SERVES 1
- 1 medium raw beet, scrubbed and cut into chunks
 - ½ ripe avocado, peeled and cut into chunks
 - ¼ small onion, chopped finely
 - 2 to 3 fresh dill sprigs
 - ¼ cup fresh parsley
 - 1 teaspoon raw apple cider
 - 1 teaspoon coconut aminos or tamari
 - 1 cup purified water
 - 2 to 3 tablespoons lime juice (1 lime)
 - ¼ teaspoon sea salt
 - Freshly ground black pepper

Blend all ingredients until smooth and enjoy!

COLOR ME *Green*

- SERVES 4
- 5 garlic cloves, minced
 - 1 tablespoon extra-virgin olive oil
 - ½ teaspoon sea salt
 - 1 cup chopped broccoli
 - 1 to 1½ cups spinach
 - 1 cup chopped kale
 - 1 can cannellini or great northern beans, drained
 - 2 teaspoons fresh turmeric, chopped or 1 teaspoon dried turmeric
 - ¼ cup lemon juice (1½ lemons, juiced)
 - 1 large bunch of cilantro, chopped
 - 1 tablespoon all-purpose seasoning
 - 1 bouillon cube
 - 3½ cups of filtered water
 - Sea salt and pepper to taste

On medium heat, sauté garlic with olive oil and salt. Add chopped broccoli and stir for 5 minutes. Stir in spinach until the leaves are wilted, then add the rest of the ingredients. Stir and simmer for 15 minutes on low to medium heat.

PRO TIP: 3½ cups of organic broth (or bone broth) can be substituted for the water and bouillon cube.

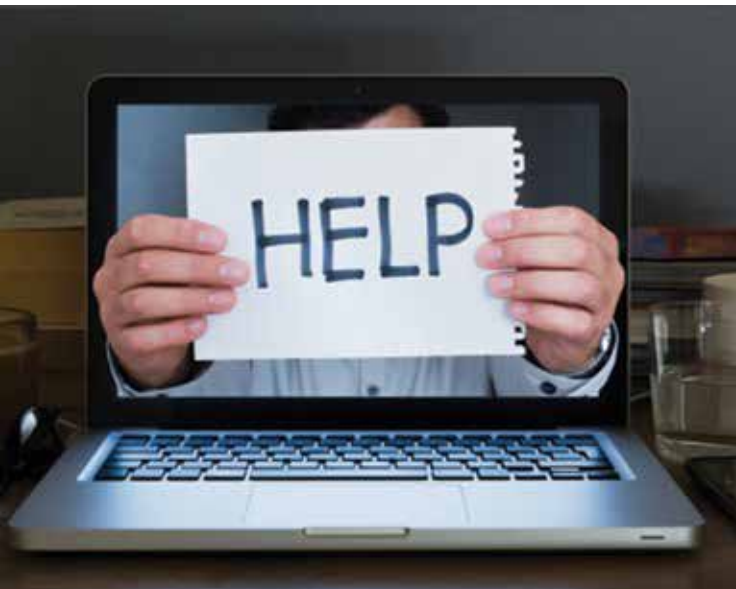
Watercress DETOX SOUP

- SERVES 4
- 2 tablespoons coconut oil
 - 2 cups diced sweet onion
 - 1 cup diced celery
 - 1 teaspoon sea salt, to taste
 - 4 diced medium zucchini, diced (yields about 8 cups)
 - 4 cups vegetable, chicken, or bone broth
 - ¼ cup unsweetened almond butter, creamy or crunchy
 - 2 cups chopped watercress
 - 2 teaspoons fresh lemon juice (⅓ lemon)
 - Freshly ground pepper to taste
 - ¼ cup chopped parsley

Sauté the onion and celery with half the salt until translucent, about 5 minutes. Add zucchini and sauté for 3 more minutes. Add broth and the other half-teaspoon of salt. Stir in almond butter and bring to a boil. Add the watercress and simmer for 5 minutes.



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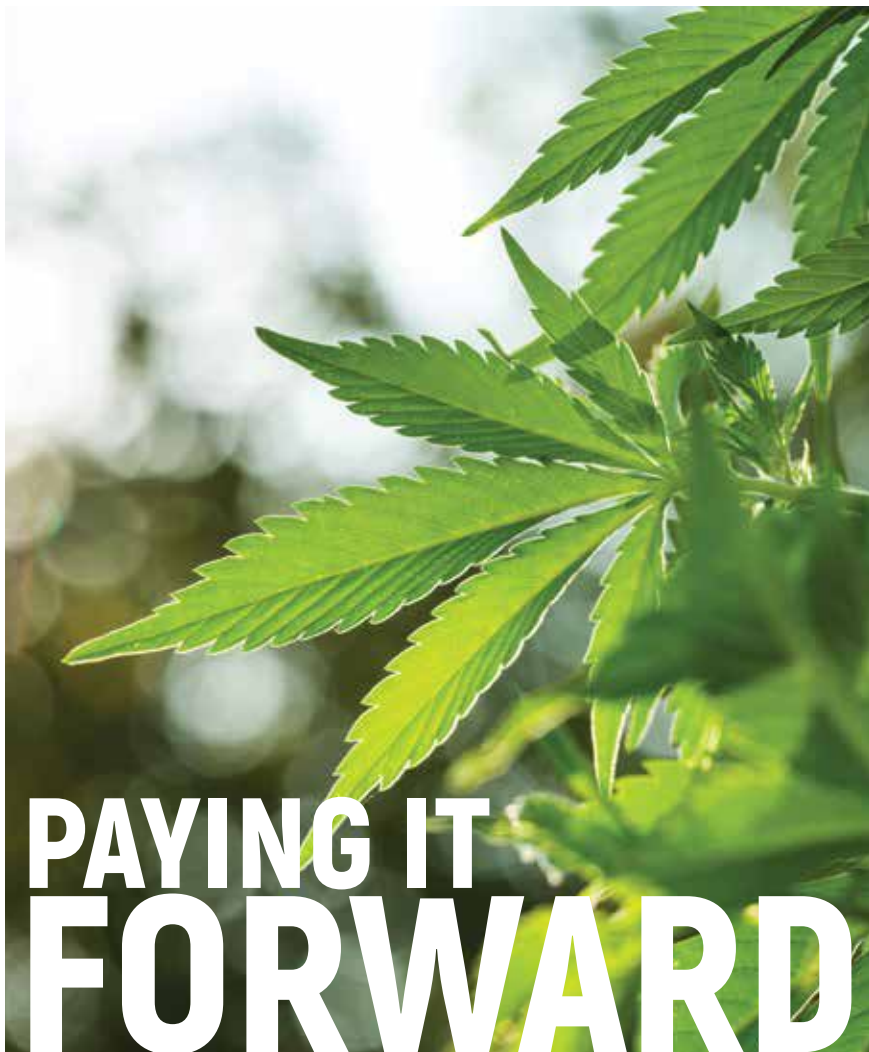
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PAYING IT FORWARD

An Army veteran learns to control his seizures, then starts a business to help others get access to the solution.

An accident while on duty left Army veteran, John Taylor, with a traumatic brain injury that remained latent for years. The injury—once it finally manifested as a seizure disorder—and the subsequent quest to control his seizures, led him to become one of Kentucky's first participants in the state's fledgling industrial hemp program as a hemp-extract oil producer.

From his earliest memory, Taylor wanted to be a soldier. He vividly remembers being enthralled by photos of his grandfather serving as a soldier during WWII, and that interest followed him into adulthood. So, when he turned 20, Taylor left his native Louisville and enlisted in the Army. He trained as a communications specialist in the early 1990s and was stationed at Fort Carson, Colorado.

About two years into his enlistment, Taylor was injured in an accident. While repairing an antenna mounted on a howitzer, the turret suddenly rotated and he was thrown off. He fell to the ground, and landing on his head, he was knocked unconscious. The accident resulted in a traumatic brain injury, which was not diagnosed at the time.

After recovering from the fall, Taylor resumed his work and his life. He married his first wife in 1996, and their daughter, Morgan, was born the following year. Taylor went on to fulfill his four-year term with the Army, which was followed by four additional years in the reserves.

After his discharge, Taylor wanted to become a nurse, but he had difficulty with the chemistry required in that program. Instead, he decided to earn a business degree and went on to manage a restaurant for a period of time. He eventually felt the pull of entrepreneurship and started a successful Texas Hold'em poker business in 2005 that he marketed to bars and restaurants.

Life was passing relatively smoothly for Taylor and his family until one day in 2008. Morgan, then 11 years old, heard a loud bump and ran downstairs to find her father seizing on the floor. This was the first of many episodes that were eventually diagnosed as grand mal seizures.

At first, Taylor's seizures were infrequent, occurring about every 3 months. But over time they came more often, happening every two months and then every 30 days. There did not seem to be anything doctors could do to slow the progression—no matter how many pills he took. At its worst, he estimated that

he was taking almost 25 pills a day, and his seizures kept getting worse.

On May 21, 2010, Taylor was discovered, half-clothed and disoriented, at a gas station about a quarter mile from his house with no recollection of how he got there. His doctor said episodes like that could happen and suggested increasing the dosage of his medications. "That was the beginning of a different path," said Taylor. "I decided to investigate *Cannabis* to see if it could help me."

Initially, Taylor wasn't interested in marijuana because he had no desire to get high, and he didn't want to be involved in anything illegal because of his daughter. But his research revealed that specific varieties of *Cannabis Sativa*, known as hemp, contain less than 0.3 percent of tetrahydrocannabinol (THC), the psychoactive substance that provides the euphoric "high" associated with marijuana. Hemp extract oil is rich in other cannabinoids, such as cannabidiol, or CBD.

CBD has its own array of medicinal benefits but doesn't cause the high; in fact, it has the opposite effect of blunting THC's euphoric feeling. The cannabinoids in hemp extract interact with the body's naturally occurring systems to reduce anxiety and pain. The current belief is that anticonvulsant properties found in cannabinoid-rich hemp extract may result from influencing the balance of neurotransmitters responsible for sending messages in the brain.

Later that year, he connected with a woman in Oregon who ran a caregivers group. He visited the state, where he began a daily regimen using a CBD-only hemp extract oil supplement. His seizures stopped immediately. After a week, he returned to Kentucky with several months worth of CBD-oil supplements.

After 6 months of using the oils and having no seizures, Taylor wanted to discontinue his meds. He agreed to spend 5 days in a seizure-monitoring center where, under medical supervision, his medications were stopped in

After 6 months of using the oils and having no seizures, Taylor wanted to discontinue his meds. He agreed to spend 5 days in a seizure-monitoring center where, under medical supervision, his medications were stopped in order to induce a seizure. "For 5 days they kept waiting for a seizure and none happened," said Taylor. "On the fifth day, the intern came in and said, 'Mr. Taylor, are you sure you've ever had a seizure?'

order to induce a seizure. "For 5 days they kept waiting for a seizure and none happened," said Taylor. "On the fifth day, the intern came in and said, 'Mr. Taylor, are you sure you've ever had a seizure?' I decided then that I was going to stay off the meds and stick with the oils."


Taylor said that stopping the drugs changed his life. After only 3 days, he felt great. His appetite returned, and he felt more energetic and could think clearly again. He continued traveling to Oregon once or twice a year, as needed, to replenish his stock of oils.

After stopping the drugs, he has never gone back. Using hemp extract oil daily, Taylor went 49 months without a seizure. His poker business thrived and he was able to pay back \$80,000 of medical bills. Then, in 2013, Taylor had a big year. He married his current wife, Dee Dee, and Kentucky proposed legislation to allow hemp production, specifically to include hemp extract oil.

On a national level, the Agricultural Act of 2014 (also known as the 2014 Farm Bill) removed many of the barriers that kept states from exploring agricultural production of and potential markets for hemp. After his experience, Taylor immediately recognized the opportunity to build a business extracting hemp oil in his home state.

With no agricultural background, he put together a business model and started the process of convincing Kentucky's Department of Agriculture that he was legitimate and could accomplish what he was proposing. Before he could get approval, he was required to buy an extraction machine and build a proof-of-concept facility. So Taylor bought a building and, over 3 months, turned it into a pristine, sterile, food-manufacturing environment. With his facility complete, his application could be submitted. Approval followed in 2015, and Commonwealth Extracts was born.

Taylor now works with local Kentucky farmers who had previously grown tobacco. After generations, changing times have left them without a cash crop but with plenty of experience handling delicate plants. Over the past 4 years, Taylor has also optimized a supercritical fluid extraction process, using carbon dioxide and hand-harvested hemp, to produce a premium-quality hemp extract in a pure and chemical-free manner.

In 2015, Taylor decided to sell his poker business to focus solely on hemp extract oil. He admits that the stress surrounding a startup business has opened the door to occasional seizures, but has had only five events in the past 8 years. His company now produces Medela Hemp Extract Drops and other hemp-extract products such as salves and gummies. The products are exclusively distributed by Extract Wellness. For more information, visit ExtractWellness.com. 

REACHING
FOR A

CURE

BY JOSEPH PIZZORNO, ND



In the late 1970s and early 1980s when I was creating Bastyr University to train naturopathic doctors, I engaged in many conversations and debates with medical doctors (MDs) in academic, foundation, and policy positions. After trying to make the case for the important role of natural medicine in healthcare, I was many times admonished not to assert that we could cure patients.

I remember vividly an argument with a professor at the local medical school who asked me to define hypertension after relating to him several successful patient outcomes. I then spent probably too long giving him a scientific overview of cardiac output, arterial elasticity, kidney function, etc. He looked at me and stated, “Oh, I thought you were misusing the term as a description for patients under a lot of stress.” Sure brought home how much work was needed to change conventional medicine’s perspectives of “alternative medicine.”

Nonetheless, after being told yet again to stop saying we were curing patients, I realized there was some truth to their advice. As I was working hard to establish a scientific foundation for naturopathic medicine, I could see the validity of their perspective—a lack of the double-blind, placebo-controlled studies of naturopathic concepts and interventions necessary to prove our care is truly curative. Although my colleagues and I appeared to be having a lot of clinical success with our patients, realistically this was all anecdotal until objectively researched and validated (or invalidated). So I stopped using the term *cure*.

But then in the early 1980s, Michael Murray, ND, and I began the arduous process of deeply digging through the peer-reviewed medical research to write *The Textbook of Natural Medicine* (TBNM). We were very pleasantly surprised to find a huge body of work documenting the efficacy of natural medicines in a wide variety of diseases (the fourth edition of the TBNM has more than 10,000 citations). Although the research was not yet to the state of directly validating naturopathic philosophy and practices, we found many supportive studies. The strongest were those showing that many diseases are due to a deficiency of specific

nutrients, whereas other studies showed that supplementation resulted in apparent total reversal of the disease. I started thinking that maybe we could now start asserting cure was possible.

Eventually, I was invited by the National Institutes of Health to debate the recently retired dean of a conventional medical school. He was quite aggressive and asserted that, except for some acute illness, such as antibiotics for infections and insulin for type 1 diabetics, cure was not possible. All doctors could do was alleviate symptoms and try to prevent more serious complications. I must admit to being quite surprised by his pessimistic stance and even more surprised when I looked around the room and saw a lot of nodding heads.

Happily, although we disagreed on almost everything, the debate was amicable, and we each made a number of important points. On the flight home cross-country, I continued to think about our conversation. I was stuck on wondering why a well-respected medical leader would take such a strong anti-cure position that I thought would be quite discouraging to most anyone who entered conventional medicine wanting to help people.

Then I happened to see a list of the top 10 most commonly prescribed drugs at the time. According to my understanding of cure (discussed later), nine of the drugs only relieved symptoms while allowing the underlying disease to progress. I finally started to understand the problem: The interventions being used for the vast majority of patients by conventional medicine were indeed only to manage symptoms, not to actually cure the disease. This also made much clearer the centuries-old philosophical conflict between unconventional medicine (by its various names) and conventional medicine.



Symptom relief or disease cure?

I believe this is a foundational issue that must be fully addressed if the healthcare crisis is ever going to be cured. Anything else, such as the Affordable Care Act, is simply addressing symptoms rather than the underlying true causes. Below, I list criteria that I suggest to students on how to evaluate the care they provide a patient to help determine whether their treatment actually addresses the cause(s) or only transiently controls symptoms—no matter how natural the intervention.

When is a therapy curative?

→ 1. *Is the patient cured if all that is accomplished is that their symptoms are alleviated?*

→ 2. *Is the intervention causing any adverse effects?*

→ 3. *Do the symptoms recur when the intervention is stopped?*

→ 4. *Does the patient report general health as improving or getting worse over the course of care?*

Criterion 1

Sometimes the symptoms are indeed the full manifestation of the disease. For example, unless only an analgesic is used, a child with an acute ear infection is cured in proportion to the degree to which symptoms are cleared and the physical signs normalize. However, if the child is having recurring ear infections, the intervention is clearly not curative. In contrast, providing a patient suffering depression an antidepressant is rarely curative. Depression is not caused by a lack of Prozac. Nor is it caused by a lack of St John's Wort. The patient could be depressed due to deficiency of vitamin D (very common cause), a toxin such as mercury leaking from "silver" fillings (which are typically 55% neurotoxic mercury), or by their life choices not working for them and they need to make changes in their



life. The problem with only treating the symptoms is that the underlying problem continues unabated and is very likely causing many more problems than only the overt symptoms. For example, being low in vitamin D increases all-cause mortality, cancer, osteoporosis, allergies, etc. Having a mouth full of mercury increases the rate of dementia, fatigue, etc.

Criterion 2

Adverse drug reactions and other side effects are a huge problem. Although not as common with "natural" drugs, this must always be considered. As is now well established, properly prescribed drugs are the fourth-leading cause of death in the United States. I have many times recommended N-acetylcysteine (NAC) as a very effective way to increase glutathione, thus supporting detoxification and protecting mitochondria from oxidative stress. For the small percentage of the population who have trouble metabolizing sulfur compounds, however, NAC can be toxic. The bottom line is that we need to ensure our interven-

tions are not causing damage. No, I am NOT saying "causing less damage than their benefits." I am saying that, except in very limited cases, we should not be using interventions that damage our patients. Period.

Criterion 3

If the symptoms recur when the intervention is stopped, then it is very unlikely to be curative. Although in many ways this is pretty obvious, it is much more complex when considering biochemical individuality. The genomics revolution has greatly enhanced our ability to understand each of our patient's unique nutritional needs and susceptibility to toxins. For example, we now know that many people have polymorphisms in the vitamin-D receptors, requiring much higher levels of vitamin-D supplementation unless they get a lot of regular sun exposure. Others have trouble converting dietary folates to their activated forms. Some patients have very limited capability to detoxify the pesticides and herbicides that contaminate conventionally grown foods. In each of these situations, nutri-




tional support is needed to maintain normal physiology.

Criterion 4

This is the most difficult to address objectively but is well recognized by most every healthcare professional—and may be the most important criterion of all. So many times I have had a patient profusely thank me for alleviation of a health problem that I had not consciously addressed. If a patient suffers depression due to a lack of vitamin D, for example, optimizing their levels will often also improve function of all the other biochemistry affected by the deficiency—such as bone loss, susceptibility to cancer, etc. As their biochemistry normalizes, they become healthier and more energetic.

Conclusion

Please be clear that I am not recommending against use of the most commonly employed drugs. Rather, I am asserting that the best medicine first addresses the causes. Drugs should only be used if addressing the causes does not produce the desired clinical

results or if patient safety requires transient use. Symptom control is much easier and almost the only approach in a healthcare reimbursement system that limits doctors to only 10 minutes with a patient. The only cure for the healthcare system is to address causes, not only symptoms. This requires restructuring medical education and the reimbursement system so that we have the skills and time needed to find and correct the causes. After all, aren't all doctors in medicine because they want to cure our patients? I know that I am. 

JOSEPH PIZZORNO, ND, is a leading authority on science-based natural medicine, a term he coined in 1978. He is founding president of Bastyr University, editor-in-chief of the peer-reviewed journal, INTEGRATIVE MEDICINE, A CLINICIAN'S JOURNAL. He was appointed by Presidents Clinton and Bush to commissions advising the US government on the integration of natural medicine into the healthcare system. His newest book (his 13th), THE TOXIN SOLUTION, was released February 2017 by Harper-Collins.

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THE MAGIC OF VIBRATION

High-frequency acts and mindsets
to change your life for the **better** (and others to avoid)

When negative thoughts and actions lead your life, bad health—and bad news—follow close behind. The good news is you can avoid behaviors, attitudes, and circumstances that lower your vibration and embrace others that raise it.

When you're stuck in negativity, nothing in life seems to work. Try as you might, you can't seem to change the factors that hold you back from what you really want. Over time, you get depressed and listless, maybe even sick. It doesn't have to be that way. If you want to improve your health and well-being (not to mention your love life, finances, and career), you've got to start vibrating on a higher level.



High vibrations are the key to bringing positive change and wellness into reality, say integrative cardiologist Stephen Sinatra and Tommy Rosa, a plumber-turned-spiritual-counselor, whose near-death experience (NDE) left him with some divine insights on the subject.

“Everything in the human body—every cell, organ, system, thought, and even every emotion—vibrates to its own natural rhythm,” says Rosa, coauthor of *Health Revelations from Heaven: 8 Divine Teachings from a Near-Death Experience* (Rodale Books, 2017). “When our energy vibrates at a high level, we attract better health and improved life circumstances. When it vibrates at a low level, the opposite happens: Pathogens and toxins are more likely to enter the body and make us sick. Not only that, but low vibrations also attract other negative experiences and prevent us from thriving.”

During Rosa’s NDE, he visited heaven, and there, eight revelations of good health were imprinted on his psyche. These revelations dovetailed with knowledge Dr. Sinatra has gained throughout his studies of scientifically and medically validated clinical research as well as his own experiences as a cardiologist. One of their most powerful insights? Our positive or negative thoughts influence the circumstances of our lives, including our health and our happiness. And, of course, the actions we take support and generate our thoughts.

The good news? You can change your life, often in dramatic ways. It starts with a simple choice to cultivate a positive outlook and reap the higher vibrations it brings. Keep reading for a list of high-vibration actions to embrace, followed by a list of low-vibration actions to avoid.


VIBRATION RAISERS

- Having faith
- Loving yourself and others
- Forgiving yourself and others
- Feeling gratitude
- Creating biological and spiritual family connections and building romantic relationships
- Letting go of anger, fear, ego, grief, and selfishness
- Spending time with children and animals
- Praying and/or meditating
- Practicing mind/body interactions like tai chi, qigong, and yoga
- Cultivating positive thinking
- Volunteering
- Not using illegal drugs and limiting alcohol intake
- Pursuing a favorite hobby
- Listening to music
- Being flexible and fluid
- Drinking clean water with minerals, preferably out of glass containers
- Eating a clean, non-GMO, non-inflammatory diet based on organic foods
- Detoxifying your body and surrounding environment
- Grounding by walking barefoot on sand, grass, or even concrete as often as possible
- Taking targeted nutritional supplements that support vital-force energy

LOW-VIBRATION PROMOTERS

- Telling a lie (or knowingly not telling the truth)
- Thinking negatively, pessimistically
- Lacking love
- Remaining isolated and being lonely
- Lacking faith
- Behaving aggressively
- Being selfish
- Staying angry
- Lacking a purpose
- Harboring unresolved grief or sadness
- Not forgiving self or others
- Feeling envy
- Being greedy
- Being lazy
- Lacking activity and physical movement
- Use drugs
- Drinking alcohol
- Eating GMO foods
- Consuming excess sugars
- Overexposing yourself to the chaotic, unseen frequencies of cordless and cellular phones, Bluetooth monitors, cell phone towers, computers, and other wireless technologies that create the invisible toxicity surrounding the Earth

Whether you are seeking health, wealth, or happiness, keep in mind the state of your thoughts and actions and the vibrations they create. Once you begin observing how your actions and general outlook affect your life, it becomes easier to drop negativity for good.

“Remember that negative thoughts are toxic to the body and that whatever you dwell on most expands,” says Dr. Sinatra. “So talk back to your negative thoughts and avoid actions that will lower your vibration and attract more illness and struggle. Instead, dwell on the good in your life as well as what you want from life. When you do this, goodness expands, you raise your vibrations, and your desires will manifest themselves. It’s not magic, but the transformation it can bring about is magical.” 



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Eyesight, metabolism, and general health all supported by carotenoids found in red palm oil.

In World war 2, British pilots had a secret weapon that, since that time, has been widely lauded for developing the keen eyesight needed to repel the nightly threat of the German air attack.

Now, every mother knows the British Royal Air Force's secret; It appears frequently on dinner plates. That secret was carrots. As children, many of us were told to eat our carrots for better vision. The admonishment from today's mothers, however, comes without the historic reference to Britain's heroic pilots. Were carrots really that effective? The truth may have more to do with the development of RADAR technology that could effectively trace the location, speed, and direction of the German aircraft.

But don't write off those orange marvels, yet. Carrots deliver high levels of the provitamin beta-carotene, a pigment that functions as a precursor to vitamin A. Vibrant colors in fruits and vegetables, such as red, orange, and yellow, provide more than visual appeal. These carotenoids function as health-promoting antioxidants with wide-ranging effects, such as preventing night blindness.

The World Health Organization (WHO) estimates that vitamin-A deficiency causes blindness in 250,000 to 500,000 children worldwide each year. For about half of these children, death occurs within 12 months of losing their sight. In fact, simple dietary intervention, such as providing carrots, can deliver enough provitamin A from alpha- and beta-carotene to halt this heart-breaking progression.

Mixed-Carotene Superfood

Another great source of alpha- and beta-carotene is the deep-orange color from red-palm fruit (*Elaeis guineensis*). Palm fruit is the world's richest natural plant source of carotenes in terms of retinol (provitamin A) equivalents (RE). Its RE content provides 15 to 300 times as many retinol equivalents as carrots, leafy green vegetables, or tomatoes.

Of the two carotenoid forms, the rate of conversion of beta-carotene to vitamin A is twice that of alpha-carotene. However, alpha-carotene has much more efficient antioxidant function. A 14-year study carried out

by the Centers for Disease Control and Prevention in Atlanta, Georgia, found that higher serum levels of alpha-carotene correlated with a decreased risk of death. Particularly, individual risk of dying from heart disease or cancer was lower in participants whose levels of alpha-carotene was higher.

Another study showed that alpha-carotene possesses stronger antioxidant efficacy than beta-carotene in phosphatidyl choline vesicles (cellular organelles that transport nutrients into tissues), and thereby minimized free radical-mediated peroxidative damage against cell membrane in vivo. Additionally, the cis- carotene isomer is a stronger antioxidant than the trans-isomer, as it has been proven that cis-isomer quenches free radicals more effectively.

Vitamin A Enrichment

A research group in India, led by Manorama, conducted three vitamin-A status assessments in vitamin-A-deficient children after feeding with foods enriched with natural carotenes from red palm oil (RPO) or dietary supplementation with vitamin A: (1) recording the pre- and posttest effects of palm carotenes on serum retinol levels, (2) examining the efficacy of palm carotenes as a vitamin A supplement, (3) evaluating the sustainability of serum retinol levels over a period of nonsupplementation after supplementation with palm carotenes versus vitamin A.





The first feeding trial, examining 24 children aged 7 to 9, reported a significant increase of serum retinol (i.e., vitamin A) levels following supplementation with carotene-fortified snacks consisting of 2400 mcg beta-carotene and 600 mcg of vitamin A for 2 months.

In the second trial, 36 school children were divided into two groups. The first group received a daily carotene-fortified snack, while the other group received a single massive dose of 30,000 mcg of synthetic vitamin A. After 1 month, serum retinol concentrations showed significant increases in both groups.

In the third trial, 36 children who had deficient levels of vitamin A (serum retinol levels below 0.7 $\mu\text{mol/L}$, baseline) were divided evenly into three groups for a 30-day trial. Group 1 received a single massive dose of 100,000 IU vitamin A. Group 2 received 4 grams of red palm oil (RPO) (i.e., approximately 50,000 IU of vitamin A). Group 3 received 8 grams of RPO (i.e., approximately 100,000 IU of vitamin A). All treatment groups showed a significant increase in serum retinol levels after the treatment period. However, 6 months after cessation of supplementation, the mean serum retinol levels for children receiving 8 grams of RPO was above 0.7 $\mu\text{mol/L}$, which was higher than that of the participants receiving the single massive dose of 100,000 IU vitamin A.

It has been determined that natural palm carotenes from RPO are a safe and reliable source of vitamin A. The results discussed here indicate that oral supplementation of palm carotenes at 4- to 6-month intervals may help to sustain adequate vitamin A status for the whole year. A supplementation program, as such, can play a major role in reducing vitamin A deficiency rates, decreasing night blindness incidence, and most importantly saving lives.

Furthermore, a study conducted by USDA's researchers confirmed that beta-carotene derived from RPO is efficiently converted to vitamin A. In the study, 10 healthy American women were evaluated. The participants were given three different treatment meals: (1) red-palm beta-carotene fortified cassava porridge (2 mg beta-carotene) with added oil, (2) red-palm beta-carotene fortified cassava porridge without added oil, and (3) unfortified white cassava porridge with 0.3 mg retinyl palmitate and oil. It was found that plasma triglyceride-rich lipoprotein (TRL) beta-carotene and retinyl palmitate increased following feeding with fortified cassava porridge. Moreover, beta-carotene (in the fortified groups with or without added oil) was efficiently converted to vitamin A.

In summary, red palm/palm fruits are good, natural sources of provitamin-A carotenes that can lower

the risks of vitamin-A deficiency and related diseases.

Age-Related Macular Degeneration

High consumption of mixed-carotene has also been proven to minimize the risk of developing age-related macular degeneration, commonly referred to as AMD. AMD is a retinal degenerative disease that causes a progressive loss of central vision. It is the most common cause of blindness in individuals over the age of 55 in developed countries. At the moment, more than 10 million people in the United States have AMD. One of the best ways to reduce the risk of AMD or slow its progression is by eating a healthy diet. In particular, numerous servings of green and leafy vegetables with high carotenoid content are important.

A long-running study, published in the *Journal of the American Medical Association* (JAMA), predicted plasma carotenoids from food intakes and repeated food frequency questionnaires at baseline. It involved a prospective cohort of more than 100,000 participants: 63443 women from Nurses' Health Study (NHS) and 38603 men from Health Professionals Follow-up Study (HPFS). The participants were followed for 26 and 24 years, respectively. A high intake of bioavailable mixed-carotene complex—alpha-carotene, beta-carotene, lutein, and zeaxanthin, in particular—was inversely associated with AMD.

As such, dietary intake of natural carotenes from fruits and vegetables would help to reduce the incidence of advanced AMD. Another simple and easy way to ensure a standardized daily intake of natural, mixed carotene is through dietary supplementation.

Weight Management

Researchers studying the association of serum carotenoid, including beta-carotene, and obesity over the past decade have concluded that natural provitamin-A carotenoids and their

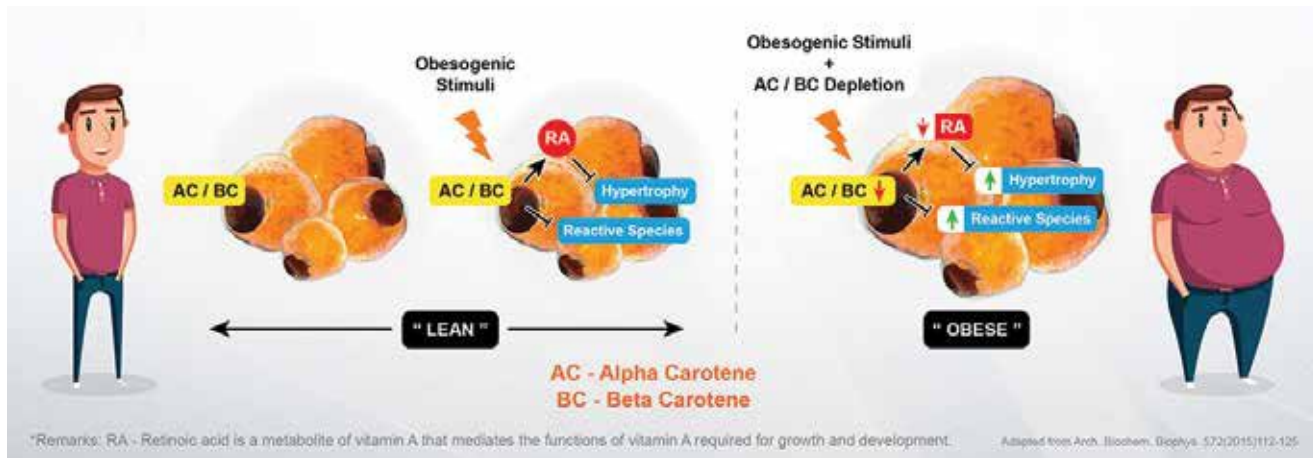


Figure 1. Dietary alpha- and beta-carotene help improve metabolism and maintain healthy body weight.

derivatives play important roles in controlling adiposity. Carotenoids are natural lipid antioxidants. Retinoid production in adipocytes (fat cells), driven by an adequate supply of provitamin-A carotenoids, results in improved retinoid production that can neutralize reactive species. This action counteracts adipocyte growth through anti-adiposity retinoid signaling, thus contributing to better fat-storage regulation. Therefore, dietary consumption of carotenoids may help to improve metabolism and maintain healthy weight. (Figure 1)

Interesting clinical data about mixed-carotene in relation to modulating adipokines (signaling proteins generated by fat cells) and abdominal adiposity in obese children was published recently by researchers from Nemours Children's Clinic in Jacksonville, Florida. Their randomized, double-blind, placebo-controlled trial examined 20 children with simple obesity at a mean age of 10.5 years. The intervention consisted of daily supplementation with 2 capsules of MCS (mixed-carotene supplement consisting of beta-carotene and alpha-carotene from a commercial product called EVTene, palm mixed-carotene, lutein, zeaxanthin, lycopene and astaxanthin) or placebo for 6 months.

Compared to the placebo group, the MCS group demonstrated a significant reduction in body mass index (BMI) z-score, improved waist to height ratio (WHtR), stable homeostatic

model assessment of insulin resistance-2 (HOMA-2), elevated levels of beta-carotene, total adiponectin, and high molecular weight adiponectin (HMW-ADI). Beta-carotene not only showed unique positive association with total adiponectin at baseline, but also negative association with waist circumference, WHtR, visceral adipose tissue (VAT), and subcutaneous adipose tissue (SAT) after adjustment for gender among obese children.

These recent findings suggested that natural carotenoids have a putative beneficial role in the presentation and/or management of obesity and related comorbidities.

Commercial Carotenoids

There are 4 main commercial sources of carotenoids, namely (1) synthetic beta-carotene from petroleum, (2) fermentative beta-carotene from fungus, (3) algae beta-carotene, and (4) palm mixed-carotene complex. Synthetic beta-carotene is commonly known as natural identical beta-carotene, it is chemically synthesized and contains only trans-beta-carotene. Beta-carotene derived from yeast fermentation and algae predominantly contain single beta-carotene only—with more than 96-percent beta-carotene content.

Natural Mixed-Carotene Derived from Palm Fruits

Natural palm mixed-carotene, by

contrast, possesses a mixture of alpha- and beta-carotene, existing in both cis and trans forms. In fact, the alpha-carotene content in palm mixed-carotene is at least 10 times higher than that in algal mixed-carotene and many times more than fermentative beta-carotene (its alpha-carotene level is extremely low). EVTene is a natural mixed-carotene derived from palm fruits used in food fortification and dietary supplements. The natural forms of alpha- and beta-carotenoids present in EVTene work synergistically to confer better health benefits than single-carotenoid products. Its carotenoid profile contains 65-percent beta-carotene, 33-percent alpha-carotene, and about 2% other carotenoids such as gamma-carotene and lycopene, a composition similar to carrots.

In A Nutshell

Red-palm oil is a source of natural mixed-carotenoids that is a safe and reliable food source of provitamin A, particularly for vitamin A-deficient children. Products, such as EVTene, that offer a wholesome array of carotenoids confer synergistic health-supporting properties such as eye health—i.e., AMD risk attenuation—healthy metabolism and body weight support, and reduced risk of general mortality. [E](#)

Learn more about carotenoids at carotene.org.

On Our Radar

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ENERGYbits

ENERGYbits algae tabs are a perfect answer for raw energy and health. This high-protein snack made from algae reduces hunger, cravings, and the need for caffeine, and is an eco-friendly, sustainable food crop.



MigraineX

Clinically proven to reduce migraine intensity, duration and discomfort, MigraineX is a complete, proactive way to manage migraines, before they start.



Flora

The Omega Sport 3-6-9 Oil Blend provides a balanced 2:1 ratio of Omega-3 (6g) to Omega-6 (3g) essential fatty acids per serving, for people who want one product that provides all of the good fats you need, without any of the bad fats you should avoid.



Nature's Way

Emerich Joint contains UC-II type II Collagen complex, standardized Boswellia serrata, organic burdock root, black pepper extract, and turmeric root extract to support healthy, mobile joints.



Salonpas

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Carlson Labs

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Natures Way

Turmeric Heart supplement offers the combined cardiovascular benefits of deodorized Garlic, standardized pomegranate, pomegranated hawthorn, CoQ₁₀, black pepper extract and Turmeric root extract.



ThermoSpice

Spicefit is a powerful blend combining cutting-edge compounds derived from nature's most potent spices. Designed to help you reach and maintain a healthy weight, Spicefit helps you feel strong, energized, and comfortable day in and day out.



Johnson & Johnson Diabetes Care Companies

The OneTouch Verio Flex blood glucose monitoring system takes the guesswork out of your numbers by connecting wirelessly to the OneTouch Reveal mobile app.




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THE ONLY TRUE MIXED-CAROTENE COMPLEX



✓ Highest Level of Alpha-Carotene
~10x more than Algae Mixed-Carotene

✓ Contains Both Cis- and Trans-Isomers
66% cis : 34% trans

✓ Similar Carotenoid Composition as Carrots 
33% Alpha-Carotene & 65% Beta-Carotene

✓ Excellent Source of Natural Vitamin A (ProVitamin A)

✓ GRAS Notification Number: GRN No. 320

Health Benefits



Eye Health



Metabolic Health



ProVitamin A



Skin Health



Potent Antioxidant



Bone & Heart Health

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5

Mitochondria-Friendly Supplements

and the foods where they naturally occur

To counteract day-to-day toxicity exposure and nourish your mitochondria, adopt a healthy protocol of supplements and healing foods.

Coenzyme Q¹⁰ (CoQ¹⁰) plays an important role in the production of energy at the cellular level and helps produce adenosine triphosphate (ATP). Wild migratory salmon and sardines, as well as organ meats such as liver and heart, contain the highest quantities of CoQ¹⁰, but you can also obtain this nutrient from supplements.

Omega-3 fatty acids support the heart and overall health by increasing HDL (the good cholesterol), decreasing triglycerides, and normalizing blood pressure. While omega-3 supplements come in plant- or marine-based forms, Marine-derived products directly supply the beneficial omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Another healthy and sustainable option is squid oil. Plant forms must be converted to these omega-3 forms by the body, and many people's bodies are inefficient at that task.

Boost ATP production with magnesium, carnitine, and d-ribose. Magnesium is essential for metabolism of food and release of energy, and it is important in preserving the DNA in the mitochondria. Carnitine transports fatty acids to the mitochondria and helps remove toxins. Finally, d-ribose is a naturally occurring sugar derivative of ATP and can help keep mitochondria functioning at a higher level. [👉](#)

STEPHEN SINATRA, MD, and TOMMY ROSA are coauthors of *HEALTH REVELATIONS FROM HEAVEN*.

In addition to taking supplements, you can also eat more foods high in these nutrients.



The best foods for CoQ¹⁰ are wild migratory salmon and sardines



For carnitine, the best source is lamb



For magnesium, consume nuts, seeds (especially pumpkin seeds), leafy greens, beans, and figs



For omega-3s, eat wild migratory salmon, tuna, and flaxseeds.

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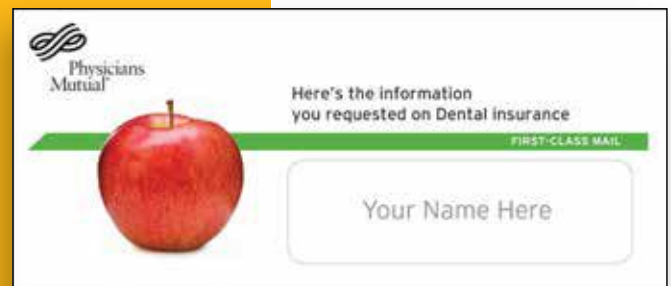


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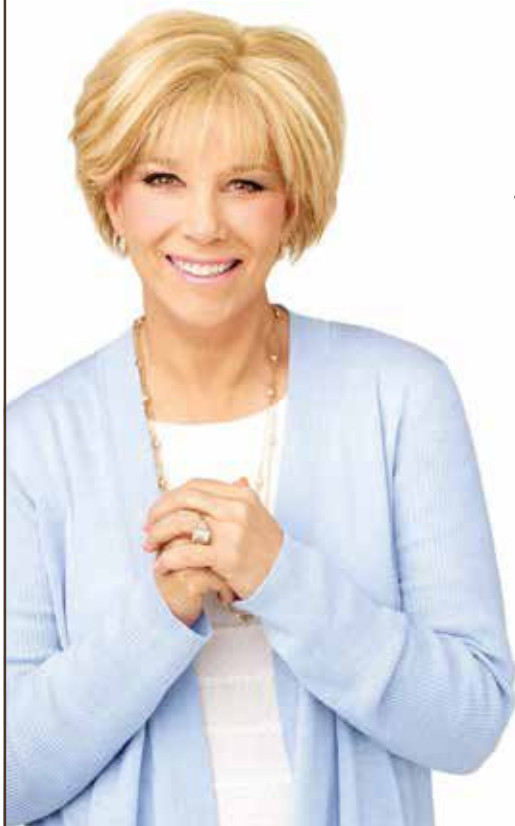
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◀ **Joan Lunden**, journalist, former host of *Good Morning America* and senior living advocate.