

Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Vitamin D Prevents Hip Fractures in Stroke Victims

Japanese researchers, alarmed by the escalating rise in hip fractures among stroke survivors, have determined there's a close relationship between vitamin D levels and fracture risk. Those with the lowest levels were found to have a dramatic seven-fold increase in fractures over those with sufficient D levels, who had suffered no fractures.

This is a big story, but it's not new information. It's big because the amazing benefits of vitamin D are now reaching mainstream. Among the benefits of vitamin D are lower risks of several types of cancer, hypertension, osteoporosis, heart disease, multiple sclerosis, and more. Each of these diseases takes years to develop, therefore knowledge of vitamin D levels is very valuable, especially if you spend vast amounts of time indoors.

Older people should not wait for an event such as a stroke to consider vitamin D supplementation. In sunlight-poor Alaska, I routinely screen patients for vitamin D and often find deficiencies. Vitamin D acts more like a hormone than a vitamin, which means you'll get the most benefit by taking preemptive action. (Vitamin D can cure some ailments, but it works best as a preventive.) Sunlight improves levels, but I do believe in daily supplementation – up to 25,000 IU (not “mg,” as was printed in these pages a couple of months ago). If there's any doubt about your levels of this important nutrient, ask your physician to measure it as dihydroxycholecalciferol. The test isn't cheap, but the value of preventing

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A Remarkable New Treatment for Chronic Fatigue, Fibromyalgia, and Other Chronic Diseases

Susan had suffered with chronic fatigue, pain, and mental aberrations for several months. The pain was so intense it was making it impossible to perform her daily tasks. Her doctor ran a series of tests on her, but was unable to find anything wrong. When she returned several times complaining of the same problems, he told her she was a psychiatric case and needed to see a specialist.

Susan wasn't crazy — she had fibromyalgia. And she's not alone in her suffering. Over the past two generations, we've seen a startling rise in all kinds of chronic health problems. These include (but are not limited to): chronic fatigue, fibromyalgia, arthritis, autoimmune diseases (so-called), vascular disease, endocrine (hormone) problems, infertility, and more. These problems are so rampant now that if you don't suffer from one of them, you likely know someone who does.

These chronic problems are the number one reason people visit the doctor. But the doctor can't do anything to help. What you are about to read, though, is one of the most exciting developments I've seen in my medical career. There is now a non-toxic treatment for these problems that literally works miracles in many cases!

The great question with these illnesses is “what causes them?” I've had many patients tell me their fibromyalgia started or flared up after a minor illness or trauma. But that didn't make sense, as neither of these could possibly cause chronic illness. Or could they?

For years, doctors have wondered why people respond to similar types of trauma in such different ways. Take for instance Gulf War syndrome. Why did some of the soldiers in the Gulf War come down with this horrible

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these terrible conditions makes this test worthy of consideration.

Ref: *Stroke*, July 2001.

Black Tea Improves Vascular Disease

Researchers have discovered that black tea protects and improves the function of the endothelial cells, which comprise the lining of the blood vessels. These cells regulate the flow of blood, produce lubricating substances that prevent clots, exchange oxygen, and protect the inner arterial walls from noxious substances in the blood. Obviously, the healthier these cells are, the healthier your vascular system is.

We've known for some time that the bioflavonoids in black tea protect the blood vessels by inhibiting the oxidation of the "bad" LDL cholesterol. But it was thought that it would take rather high levels to accomplish that.

This new study, which was funded by both the National Institutes of Health and American Heart Association and published in *Circulation*, demonstrated that lower levels of the bioflavonoids found in routine black-tea drinks work far better than expected.

The results of the study correlated with a significant rise in catechins (a type of bioflavonoid) found in black tea, but not

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disease, while their unit buddies, who were exposed to the exact same conditions (including vaccines and the war theater in general) never batted an eye? A similar question that's gone unanswered is why does one child get autism after receiving the same vaccines that had no effect on the kid down the street? Or why do some people who live near an environmental hazard (such as a chemical plant) get cancer, but their neighbors don't?

Could it be possible that some people could react differently to a minor illness or injury than most people would? The answer is yes! For example, a relative of mine was stricken with scleroderma after a minor auto accident that most people would walk away from without any trouble.

For years, medicine has not understood these observations and would simply classify sufferers of such syndromes as psycho cases. Rarely, if ever, did blood tests show any pathology other than perhaps non-specific markers of inflammation or, in the case of autoimmune disease, antibodies seemingly directed against the body.

But I just can't accept the idea of autoimmune disease, as I don't believe God would create a body that directs its immune system to destroy itself.

The good news is that new findings are now proving my suspicions correct. And, more importantly, these same findings are showing an underlying theme in most chronic disease cases, which opens exciting new possibilities for treatment!

The path to solving this puzzle began when a doctor observed that women with infertility problems uniformly had a blood clotting pattern that's nearly identical to a condition called diffuse intravascular coagulation (clotting inside the blood vessels for no apparent reason).

Blood clotting is a very complex, highly guarded and regulated system within all animals with a circulatory system. Much like a teeter-totter, too much activity can lead to unnecessary and dangerous clots, while too little activity can leave you prone to excessive bleeding. Some 40 percent of all proteins in human blood are intertwined with this complex system. There are pathways that lead to clotting (to prevent bleeding) and equivalent pathways to control it and dissolve unnecessary clots (preventing thrombosis). Medical science recognizes both of these extremes as major problems requiring medical intervention.

The real news, though, is coming from studies which

are now demonstrating that there's an intermediate zone where the patient does not have an overt clot, but the blood is still clotting enough to cause problems, including chronic disease!

The jump from overactive clotting to chronic illness is rather complex (which is why researchers have missed it for so long), but there is a direct connection, as you will soon see.

In the normal process of inflammation, chemicals are released to activate the immune system to a properly controlled fight. The coagulation (clotting) system also gets activated as part of this process. The normal person will recover from the illness or physical trauma and the coagulation system will return to normal. However, a significant number of people from European descent are carrying a genetic trait that causes the clotting system to remain active and not tone down.

The clotting system is designed to burst forth with fibrin, a protein that crosslinks with other fibrin molecules to form a clot which stems the breach. A clot would look something like a cotton ball, with all the single strands of the cotton condensing into the ball (clot). This is the body's normal response to an injury. When the injury is repaired, other proteins dissolve away the clot.

The problem arises when all of these single strands of fibrin do not come together into a clot, but remain as freestanding single soluble fibrin monomers (SFM). This would be analogous to the individual wisps or strands of the cotton ball never clumping together. Even though these fibrin molecules do not come together to form a clot, they are still very sticky and begin to stick to and coat the inner lining of the blood vessels. Coating the smaller blood vessels in this fashion effectively sludges them up, significantly limiting oxygen and nutrient exchange across the capillaries.

After last month's issue, you already know how important oxygen is to healing and how grave it is to limit it. Imagine piling layer upon layer of dead weight on the critical lining of the capillaries. The effect on the underlying tissues and the body as a whole is devastating.

The next questions to consider are: (1) What activates this process and keeps it activated? And (2) why are the disorders so prevalent? David Berg, MS, director of Hemex Laboratories, explains it like this:

"Imagine yourself in Europe several hundred years ago with swords, spears, and arrows a-flying. If you were

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with caffeine. The subjects of the study who were given water or caffeine pills did not exhibit the same improvement.

The researchers also discovered that chronic tea consumption did not alter blood pressure nor did they see alterations in blood glucose, vitamin C, or lipid levels. This article supports the growing fund of knowledge that lifestyle change can prevent or affect existing circulation disease.

Action to take: I am a greater fan of green tea than black tea, but I know a lot of people prefer the taste of black tea. While I have some concerns about the caffeine contained in both types, there are wonderful benefits to these teas. Water is the first thing you need to drink — at least eight glasses of pure water per day. And tea should not replace pure water. But the 15-30 ounces of daily tea this study suggests may definitely benefit those without a sensitivity to caffeine. I do consume tea regularly. Other rich sources of these bioflavonoid compounds include purple grapes, red wine, and onions. If you're sensitive to caffeine, I suggest you take Healthy Resolve's Resveratrol Plus, which is made from purple grapes and will give you far more protection than the tea. Best of all, there's no reason you can't drink the tea and take the Resveratrol at the same time (you can order Resveratrol Plus by calling 800-728-2288). Also, reread last month's issue, as multi-step therapy can work miracles on endothelial function.

Ref: *Circulation*, July 10, 2001.

Wash Your Hands — But Not Too Much

My mother was absolutely preoccupied about germs and cleanliness, after all "cleanliness is next to godliness," right?

Articles are now coming out that childhood exposure to germs that normally exist in the environment strengthens their immune systems and may be a necessary part of a healthy life. What about hand-washing, especially with antimicrobial agents? Even as a health professional, I've

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been concerned about overzealous washing and scrubbing. My concerns are not only for the damaging effects on the skin, but also for the secondary spreading of germs by the damaged skin.

A review of this subject by Dr. Elaine Larson, from the Columbia University School of Nursing, confirms my suspicions. As with antibiotics, when bacteria develop resistance, they not only become resistant to the single exposed agent, but somehow a whole slew of other agents the bugs never saw. The flora (bacteria) of the skin remains remarkably constant over time even without washing. Like the flora we develop in our gut after birth, the resident germs prevent colonization of more pathogenic germs.

However, washing too frequently, even with simple soaps or harsh agents, may break the skin's protective layer, remove protective lipids, or alter flora to more pathogenic organisms. Studies on health professionals reveal an alarming rate of deteriorated skin, which carries a higher risk of germ transmission even when washed. Thus, routine public use of antimicrobial detergents isn't only contraindicated, but potentially harmful, except in cases where there is a high risk of disease transmission (such as known contamination like fecal, crowded residence facilities, neonates, immune compromised individuals, food preparers, etc.).

Newer alcohol-based hand rinses may be superior since they do provide rapid killing of germs without the skin damaging effects of soaps, detergents, or chemical anti-microbials.

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to get hit with one, you would have a much better chance of survival if your clotting pathway was highly active and stopped the bleeding very quickly. Your genes would survive to be passed down. If you didn't have the gene, you would be more likely to bleed to death and your genes wouldn't be passed down. Thus, the prevalence of the genetic predisposition to highly or easily activated coagulation. In those days, this genetic trait was an advantage.

"In today's world, however, our bodies face different threats than spears — unseen microscopic pathogens. In these same individuals, an infection or even a minor injury can activate the clotting system which is where the trouble starts."

Today's pathogens are evolving rapidly. Somehow, they have figured out that they have a much better chance to survive if they don't kill the host. These microorganisms don't like oxygen and have a much better chance if they can go undetected by the immune system. In susceptible people, these relatively new infections (i.e., Epstein Barr virus – EBV, mycoplasmas, chlamydias, HHV6 – human herpes 6 virus, and many others) trigger the clotting mechanism. But rather than inciting a clot the way an arrow might, they instead stimulate the production of single strands of fibrin, which coat the blood vessels.

The infection can take up shop, keeping a low enough presence to keep the coagulation pathway active, depriving tissues of needed oxygen, but not enough to trigger an all-out immune response. The deprivation of oxygen can lead to fatigue, aches, pain, headaches, reduced production of hormones (low thyroid, adrenals, etc.), mental aberrations, and more. Sound familiar?

The hardest part for the clinician to date has been to identify a particular abnormality in these patients, or to identify an infection. These low-grade infections don't operate like classical infections such as strep or staph. They don't activate the immune system enough to even see abnormal immunity in routine testing. The organisms are hidden away in tissues and cannot be cultured in the blood.

Recently, the development of antibody testing and PCR (polymerase chain reaction) in which the DNA of the infecting agent can be greatly magnified and seen has made it easier to find these infections when the physician is astute enough to look.

At last we have an explanation of why some people

go on and get a chronic infection and symptoms, while others recover promptly and heal completely.

Action to Take

In order to treat any of the various chronic ailments, you first have to root out the offending organisms and offer starving cells the oxygen they crave. Some doctors have tried to use the drug coumadin (warfarin), but it doesn't solve the problem. The underlying activation still progresses.

On the other hand, heparin (which unfortunately at this moment is available and functional only by injection) does offer dramatic relief. Administered by a simple subcutaneous injection, much like insulin, the results in patients can be nothing short of dramatic.

At a recent medical conference, Dr. Ryser, who regularly uses heparin therapy, reported the incredible results she's seen in some very difficult-to-treat cases like fibromyalgia and chronic fatigue syndrome. Dr. Ryser said she's seeing a fantastic 80 percent cure rate.

Of course, heparin is not the only answer. Dr. Ryser is employing a wide range of nutritional supplements to activate the immune system, and I also use regular oxygen therapy.

Susan, the woman I mentioned at the beginning of this letter, finally found a doctor who understood fibromyalgia and was put on heparin and nutritional support. Within weeks she was able to return to the productive world, completely free of any debilitating problems.

One of my first cases was a woman who lives in a remote area of Alaska. Her soluble fibrin monomers and other clotting factors were quite elevated. Within two days after starting heparin, she excitedly called to tell me the fog over her brain had lifted, her energy was dramatically restored, and while the pain was still present, she could now tolerate it and there were periodic breaks from it.

Of course, because of the variability of the clotting disorders, some patients may respond this quickly, while others may take weeks or even months to unlayer years of fibrin deposition. A health professional I've treated for years has intractable high blood pressure (it's genetic in her case). She's seen virtually no response to any non-pharmacological intervention and an extremely poor response to prescription medications. When I started her on the heparin, I reduced her prescription medication to

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Action to take: Try not to be too fearful or zealous about germs. Normal bathing is fine, as good hygiene is healthful, but avoid using skin-damaging substances like anti-bacterial soaps. Routine use of topical antimicrobials should be avoided as well as unnecessary repeated exposure to detergents and soaps. Of course, use prudence where there's obviously a known risk of transmission to yourself or others.

Ref: *Emerging Infectious Diseases*, March/April 2001.

Vitamin A Helps Reverse Skin Aging

Vitamin A, revered for its eye protection and immune stimulation (among other things), now appears to have a stellar role in preventing or reversing skin aging, according to a new study. Part of the normal process of aging involves increasing levels of an enzyme system in the skin called metalloproteinases. These enzymes have the ability to actually break down the precious collagen that holds the skin tight and gives it its thickness.

Ultraviolet photo-aging of the skin also develops with higher levels of these enzymes and reduces collagen synthesis. The researchers who conducted this study investigated a topical one-percent retinol (natural vitamin A, not beta-carotene) that, after just seven days of treatment, increased collagen synthesis and collagen-making cells, and reduced levels of the degrading enzymes. The benefits were seen in both photo-aged skin and normally aged skin.

Action to take: This may be something to ask your alternative physician about. I have always been a fan of real vitamin A, in most cases, rather than beta-carotene. Other studies have shown vitamin A can, in combination with folic acid, reverse precancerous changes in epithelial cells (the cells that line the blood vessels). These topical preparations are available at most compounding pharmacies.

Ref: Varani J., R.L. Warner, M. Gharraee-Kermani, et al. *J Invest Dermatol*, 2000;114:480-486.

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Yet Another Reason to Avoid Processed Food

The Food and Drug Administration admits that almost half of all food manufacturers do not check their products to ensure that all the ingredients are accurately reflected on the labels. One-in-four manufacturers fail to list ingredients that can cause a fatal anaphylactic reaction in severely allergic people. Even milk protein was found in products labeled pareve (kosher foods not permitted to contain dairy).

There are as many as 30,000 visits to U.S. emergency rooms each year due to food allergy and as many as 200 deaths. The symptoms may include hives, shortness of breath, dangerously low blood pressure, and vomiting. The most common allergens are proteins found in eggs, peanuts, cow's milk, shellfish, wheat, soy, fish, and nuts. Aside from the poor quality of ingredients going into processed foods, now you cannot trust even what is listed as ingredients.

Action to take: Again, I advocate a diet where you know exactly what you are eating, and that's found in an elemental diet: Foods that come to you as God made them, or as close to the source as possible.

Ref: *New York Times*, April 3, 2001.

Flaxseed and Prostate Cancer

I have long promoted the concept that the whole is better than the sum of its parts, especially where nutrition is concerned. In the July 2001 issue of *Urology*, a Duke University team reports that men who were on a low-fat, flaxseed-supplemented diet for an average of 34 days experienced decreased levels of testosterone, lower tumor-cell proliferation rates, and higher levels of cancer-cell death. The researchers attributed this to the presence of a fiber called lignan in the flaxseed. They concluded that lignan's binding effect on the hormone testosterone contributes to this effect.

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one-third the amount she was taking. Within two weeks, her blood pressure had fallen to normal for the first time in memory. Her pressure was 160/110 at the outset.

Another patient of mine is from Australia and travels to Alaska every one to two years for oxidation and homeopathic treatment for an intractable infection, which causes him severe joint pains, fatigue, and asthma. I recently visited his home country and started him on low dose heparin. The next day his joint pains were dramatically reduced and his lungs improved considerably.

If you suffer from any chronic ailment, low-dose heparin may be just what you need. Hemex Laboratories of Phoenix, Arizona provides excellent state-of-the-art measurements of several key clotting factors that are not measured by any conventional test or lab. They also offer a genetic panel that can probe more deeply into the individual's problem, which helps determine whether treatment should be with heparin, enzymes and nutrients, or all three. Anybody with long-term unresolved or unexplained problems is a candidate for this evaluation. More information on the lab and treatment plans can be obtained by visiting www.hemex.com.

Thus far, I've tested over 20 patients in just a few months and all of them had an activated clotting mechanism. So I highly recommend you see a doctor who is familiar with coagulation therapy and have the test performed (contact IOMA at P.O. Box 891954, Oklahoma City, OK 73189, 405-478-4266. Send a written request and \$5.00 for a list of doctors). It just may be the first step down your road to recovery.

Can Alcohol Lower Your Blood Pressure?

Alcohol, taken in small amounts, has received a good bit of press lately touting its abilities to protect your cardiovascular system. Some studies have found an improved lipid pattern and reduced platelet stickiness probably due to the bioflavonoids found in wine and beer.

However, the benefits appear to stop after one drink per day for women and two for men, which would be considered light drinking. The sex disparity is probably due to a larger average size for men and higher levels of the enzyme lactic dehydrogenase in the stomachs of men, which helps prevent alcohol absorption. Since

women have lower levels of this enzyme, alcohol absorption is greater.

It appears that more than this amount of drinking can actually have the reverse effect on your vascular system and raise the risk of vascular disease. Even the moderate drinker (more than one to two drinks, but not an alcoholic) appears to negate these benefits and invites significant detriments. Studies have shown that high alcohol consumption has direct toxic effects on the heart, which can lead to a cardiomyopathy.

The good news, though, is that by reducing your daily alcohol consumption to one to two drinks per day, you can reduce your blood pressure by an average drop of one to two mm Hg per drink. (A drink is defined as five ounces of wine, one 12-ounce beer, or one-and-a-half ounces of distilled spirits.) That means a man drinking four to five drinks a day can lower his blood pressure by two to six mm Hg simply by cutting back to two drinks a day.

In a study called “The Trials of Hypertension Prevention, Phase I (TOHP-I),” researchers investigated whether lifestyle interventions and nutritional supplementation affected persons with high normal blood pressure. Weight reduction was most effective in reducing blood pressure (by 2.9/2.3 mm Hg), and sodium reduction also significantly reduced blood pressure (by 1.7/0.9 mm Hg). Obviously, alcohol reduction is comparable to these types of interventions. Exercise is also comparable.

Action to take: If you suffer from high blood pressure, you should seriously consider reducing your alcohol intake. But don’t stop there! Also consider losing some weight, limiting your salt intake (which we discussed last month), kicking the smoking habit, and getting some moderate exercise.

I don’t discourage my patients from enjoying one to two drinks per day, but drinking more than that just isn’t healthy. I prefer organic wine, which is loaded with bioflavonoids, or a high-quality microbrew beer, which has loads of antioxidants from the fermentation process. However, I discourage distilled spirits, since many of the cardioprotective substances were left behind in the distillation process, leaving mostly only the raw alcohol.

Ref: *J Clin Hypertens*, 3(3):166-170, 2001.

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Earlier studies have suggested lower levels of testosterone to be helpful in preventing cancer, and this may support that hypothesis. Men in the study group had lower levels of cancer proliferation and higher numbers of cancer-cell death than those not on the low-fat, flaxseed-supplemented diet.

There may be another angle to this story, however. Flaxseed is a rich source of omega-3 fatty acids, which has wonderful effects on prostate and breast cancers. I have seen tissue sample reports from patients with such cancers and they have much less omega-3 fatty acids than normal tissue. Flaxseed is a whole food and its benefits may come from both the fiber and the omega-3 fatty acids (and perhaps other factors).

This story also reconfirms the earlier work of a medical pioneer, Joanna Budwig, who used cold processed flax oil in yogurt with her cancer regimens, reporting wonderful results from the omega-3 fatty aspects of flax.

Action to take: I encourage flaxseed and omega-3 oils as part of a daily routine, considering them to be more of a necessary “food” for health than a “supplement.” The best way to get essential fatty acids is intact in your food where it’s in its natural state. I’ll have more on EFAs in a future issue, but for now, eat plenty of raw nuts and seeds, as well as cold-water fish (cooked). If you take the oil as a supplement, buy it in glass or metal containers only and take one to two tablespoons per day and keep it refrigerated. Never eat hydrogenated oil or products containing them.

Ref: *Urology*, July 2001.

Coming in future issues ...

- I’m using a new cancer therapy with amazing success. I’ll tell you about it next month.
- There is only one proven method to extend your life. Find out how easy it is.

LETTERS

Dear Reader,

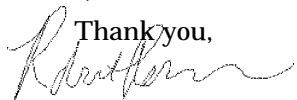
Each month in the letters column, I try to answer as many of your questions about health and medicine as possible.

It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail.

So if you have a question you'd like answered, send it (typed please) to:

Second Opinion Letters

P.O. Box 467939
Atlanta, GA 31146

Thank you,


Q: I need to know what to take for no sexual desire at all. — J.F., state withheld

A: Testosterone, which is considered the "male" hormone, is actually required by both sexes for sexual desire. You might have your levels checked and, if low, receive hormone therapy. For this, you need to see a biologic or holistic-minded medical doctor open to midlife hormone therapy. I suggest you contact ACAM (in CA, 949-583-7666; outside CA, 800-532-3688) to find a doctor near you.

Q: What can I do about cold sores in the mouth? — P.D., state withheld

A: This is a tough question. If the cold sore is caused by herpes, the amino acid lysine can help. I've used two 500 mg capsules three times a day and seen good results. You should be able to find it at your local health food store. If it's not caused by herpes, calcium lactate might help by raising ionized calcium levels in the tissues. I use calci-

um lactate made by Standard Process Co. But the brand name isn't so important here. Calcium can be found in many forms at the health food store.

Q: Is there a "safe" sweetener that can be used for better health? Sugar, aspartame, and saccharin all have some proven or suspected negative health effects. — D.J., Lawrenceville, GA

A: Stevia, an herb from South America, is a wonderful substance, many times sweeter than sugar without the deleterious effects. Health food stores can carry it now that the FDA has relaxed its ban on the herb. It was allegedly imposed because stevia was thought to seriously threaten the sugar industry. Aspartame is dangerous in my opinion. It contains 10 percent methanol, or wood alcohol, by weight. This gets metabolized in the body into formaldehyde, which is an embalming fluid. Saccharine is likely safer than aspartame, but the best thing you can do is adjust your taste for less sweet food. Anything that tastes sweet also stimulates your body's production of insulin in anticipation of the sugar load. Insulin lowers blood glucose and your appetite is stimulated causing you to eat the calories you thought you were getting in the artificially sweetened beverage.

Q: I have Hepatitis C and cirrhosis of the liver. I am taking Interferon Alfa-2B injections and rebetol, riborvirin capsules. Is ultraviolet blood irradiation (UBI) therapy or hydrogen peroxide treatment for me? — C.T., Metairie, LA

A: Absolutely! I personally have seen UBI lower elevated liver enzymes to normal. My colleagues are seeing significant reduction in

viral loads as well. The treatment you are currently using may help you, but I'm sure your doctor has told you it has some serious toxic possibilities. I recommend you see a doctor who performs UBI therapy immediately!

Q: Your article on multi-step therapy was excellent! Can you explain the difference between oxygen pressure and volume? And can you further explain the 18-day exercise regimen? — Terri Su, MD, Santa Rosa, CA

A: When doctors measure the O₂ saturation by a finger clip sensor, they are measuring the volume of oxygen in the blood. But the volume of oxygen doesn't mean it's getting transferred into the cells. The pressure the oxygen is under is what determines the transfer rate.

For example, if your village water tower was full, but its level was the same as your house, little or no water would flow since there would be no net pressure. Put it up 50 feet and there will be lots of pressure pouring out to the homes below. Thus, your blood may be full of oxygen, but without full pressure, you can't get maximum delivery into your tissues. Multi-step therapy improves this pressure gradient, allowing greater absorption of the oxygen, and reverses the aging process in the capillary endothelium in both the lungs and peripheral tissues.

The 18-day exercise program involves walking at a comfortable pace on a treadmill (or equivalent exertion) for two hours each day. However, in every 20 minute period of the two hours, you need to turn up the exercise/exertion to your maximum ability for two minutes, while breathing oxygen at six liters per minute.