



The

Blaylock Wellness Report

Living a Long, Healthy Life

Edited by Russell L. Blaylock, M.D.

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Key Points

- Vaccine health claims are all just smoke and mirrors
- The flu shot weakens the body's natural immunity
- A good diet is the first line of defense against infections
- Smoking and nicotine patches are strong immune suppressants
- Tip: A safety checklist for preparing poultry

PLUS

CASE STUDY: Doctor-patient relationships are vital to good healthcare

- Stroke risk increases after a case of shingles
- White and green tea protect the brain from Alzheimer's

ASK DR. BLAYLOCK

- New dementia treatment shows promise

Flu Shots: Don't Let Drug Companies Poison You

It's that time again... Every year, we go through the same flu scare nonsense, with the media and various government health agencies whipping up panic and touting the pharmaceutical companies' latest vaccine. One of the most obvious lies that is told by the Centers for Disease Control and Prevention (CDC) and the makers of vaccines is that every year 38,000 people die from the flu, including mostly the very young and the elderly.

But if you examine this frightening number, you'll discover that, in fact, a great number of these people do not die from the flu itself, but from other complications such as bacterial pneumonia or even a heart attack.

What people are not told is that most of the elderly people that develop these secondary infections, such as pneumonia, are those elderly who are infirm, debilitated by chronic diseases such as heart disease, pulmonary disease (emphysema and chronic obstructive pulmonary disease), poor nutrition, malignant diseases, and autoimmune diseases.

In this month's issue of The Blaylock Wellness Report, I will tell you not only the best way to protect yourself from the flu, but also how you can protect yourself from propaganda being spread by the pharmaceutical companies, the CDC, the media, and other handmaidens of the vaccine manufacturers.

Too Much Disinformation About Vaccination

A number of studies have shown that smoking greatly increases the risk of death from the flu or secondary bacterial infections. Children who live in homes with parents who smoke are simply more likely to suffer flu complications or even death.

During the phony swine flu scare, it was shown that most deaths from influenza were among smokers and those with chronic diseases, yet the government and media made the public think that healthy individuals were at great risk.

The law insists that the public have access to informed consent before an invasive procedure can be done — such as vaccination.

But with all the disinformation out there, most people are not receiving informed consent concerning either the effectiveness of the flu shots or the complications that can result.



A study by the CDC found that 32 percent of the children that died from the flu suffered from severe cases of asthma. They died from an asthma attack and not the virus itself.

Because the incidence of asthma in the population is 8 percent, this represents a highly vulnerable group. Many children with asthma also receive steroids, which suppress immunity.

Other at-risk children are those with leukemia, lymphomas, and other immune-suppressing diseases.

Vaccinating children or adults with immune suppression has been uniformly unsuccessful. The vaccine offers them little or no protection — they

only get the complications. Everyone agrees that this is true.

Why Do Viruses Make Us Sick?

Most of us, including many doctors, think that viruses themselves make us sick. And in some cases that's true. But in most cases, what actually makes us sick is our immune reaction to the virus.

When a virus invades your body, the immune system launches a massive but highly coordinated immune defense that involves a complicated set of chemicals (cytokines, chemokines, and interferons), immune cells, antibodies, and special proteins.

Many of these immune factors damage not only the virus, but also all surrounding tissues and organs, including the brain.

I compare this response to throwing a grenade at a thief in a shopping mall. Of course, you kill the thief, but a number of innocent bystanders are also killed and injured. We call this "bystander damage."

The immune system has a built-in mechanism to shut down the immune attack once the virus or bacterial invaders are killed off.

One of the problems with vaccination is that it activates the immune system and will not allow it to shut down, even years later. This means that a lot of bystander damage is being done throughout the body and in the brain.

Low-grade brain inflammation caused by viruses explains why we feel so bad when we are infected, and experience symptoms such as:

- Lethargy
- Insomnia
- Irritability
- Difficulty thinking

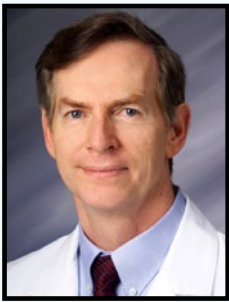
This is called sickness behavior. With vaccines, it can continue for years, leading to such neurological problems as depression, seizures, narcolepsy, and multiple sclerosis.

Neurological damage is especially common with viral infections, and can vary from subtle problems with memory to major neurological disorders, including dementia and Lou Gehrig's disease (ALS).

In fact, this is how AIDS causes dementia — it activates the brain's immune cells (microglia) and these generate a host of destructive free radicals, lipid peroxidation products, pro-inflammatory cytokines, and other immune factors.

These destructive immune chemicals slowly

About Dr. Blaylock



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

26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," "Natural Strategies for Cancer Patients," and his most recent work, "Cellular and Molecular Biology of Autism Spectrum Disorders," edited by Anna Strunecka. An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation. He serves on the editorial staffs of the Journal of the American Nutraceutical Association, Surgical Neurology International, and the Journal of American Physicians and Surgeons, official publication of the Association of American Physicians and Surgeons. He is also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine.

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

destroy the brain cells needed for memory and learning.

The worst case scenario would be to stimulate the immune system with a vaccine when the brain is already infected, or if a person has a pre-existing neurological disorder.

Studies have shown that under such conditions, the vaccine can dramatically worsen bystander damage, which can continue for years if not a lifetime.

For example, if a person had a small, silent stroke (that is, they are unaware of it, which is very common), and then were given a series of vaccines, it would cause the immune cells around the stroke area to become fully activated and precipitate a worsening of the condition. This could cause weakness in the limbs or interfere with speech.

In fact, the vaccine is worse than an infection, because the vaccine will cause immune cell activation in the brain for a much longer time.

How the Immune System Functions, Malfunctions

When encountering an invader, immune cells such as lymphocytes, neutrophils, and macrophages become very active and secrete massive numbers of free radicals, lipid peroxidation products (very caustic chemicals), inflammation-producing cytokines, and other harsh immune chemicals.

The idea is to soak invaders in a cloud of deadly chemicals. But, as noted, these chemicals also seep out into the surrounding tissues and cells. This can lead to a certain degree of damage, which occurs with every infection to some extent, depending on the severity of the infection.

Once the invaders have been killed off, the immune system not only shuts off, but it begins to activate a number of systems to repair the bystander damage. At least that is the way it is supposed to work.

In some cases, especially in people with weakened immune systems or those who have immune-related disorders, the shutdown mechanism is broken and the immune inflammatory reaction goes into high gear, churning out massive amounts of these destructive chemicals.

When stuck in high gear, the immune system can do a great deal of damage to vital organs such as the liver, the lungs, the kidneys, and the brain. If things

are not rapidly reversed, the person will die by a kind of an immune-imposed suicide. This is a terrible thing to witness.

Vaccine Health Claims Are All Just Smoke and Mirrors

You may remember the TV series “Scare Tactics,” in which the producers staged phony events to scare the pants off unsuspecting people. Well, that’s also what vaccine manufacturers are doing each and every year to the public.

But it is a deception. As I noted, most of these deaths occur in people with chronic diseases and other immune suppressing behaviors, such as smoking. Nicotine is a very powerful immune suppressant.

The actual number of people dying from the flu virus itself varies from 400 to slightly over a 1,000 per year, and many of these are dying from what is called a “cytokine storm,” in which part of the immune system overreacts.

This overreaction severely damages the lungs and other organs, including in some cases, the brain (resulting in a condition called encephalitis).

In other words, it is not the virus itself that is causing the damage, but rather one’s own immune system.

This reaction is also seen with vaccinations in people with impaired immune systems, such as the elderly and those with weak immune systems.

Back in 2009, I was one of the first voices from the medical profession warning people that the swine flu pandemic was being overhyped — that it was, in fact, a very mild flu that was difficult to transmit.

I meticulously studied all the data collected by the CDC and the state public health authorities, as well as published reports in prestigious medical journals. I demonstrated that none of the “scare tactics” were true.

IMPORTANT

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Interestingly, the CDC mysteriously stopped testing the virus to see if it was indeed H1N1, the swine flu strain. It was only after CBS reporters filed a Freedom of Information Act lawsuit that we found out why they stopped testing: because more than 90 of the cases were not H1N1.

The public was being lied to on a grand scale. And yet no one lost their job, as they should have.

Even the World Health Organization admitted that the H1N1 flu did not meet the criteria for a pandemic — but did so only after all the dust had settled.

One of the most despicable programs undertaken by the medical profession and CDC was to tell parents that small children were at the greatest risk of death. In fact, the medical data actually demonstrated that the death rate from H1N1 flu was lower among children below age 4 than during the previous two flu seasons. The same was true for pregnant women.

And it has now been determined that a number of small children developed a devastating neurological condition called narcolepsy, which was caused by the H1N1 vaccine itself.

The media also failed the public by perpetuating these deceptions and covering up information that told a different story.

They also refused to discuss data from large studies by some of the most prestigious scientific groups, which clearly demonstrated that the flu vaccine had no benefit for children less than 2 years old. In addition, it was discovered that the vaccine was of absolutely no benefit for elderly residents of nursing homes.

At best, the flu vaccine produces so-called “protective” antibodies in only 30 to 60 percent of people. That means that 40 to 70 percent of those who are administered the vaccine get no protection from the virus at all — yet they still face the possibility of devastating complications.

The truth is that the presence of these antibodies in response to vaccination in no way translates into protection against the flu — it’s all just smoke and mirrors.

Flu Shots Suppress Immunity

When the authorities are confronted with the fact that those with immune suppressing disorders — such as cancers, autoimmune diseases, and

chronic illnesses — will not benefit from the vaccine, they resort to their favorite ploy: the claim of “herd immunity”

What is herd immunity?

It is the idea that when a certain percentage of the population (now determined to be 90 to 100 percent) is rendered immune to a disease such as the flu, those with immune suppressing diseases will be automatically protected.

But this idea has several flaws. First of all, herd immunity was based on the concept of natural biological immunity — not immunity through vaccination. Natural immunity is permanent for an individual, whereas vaccine immunity, when it actually occurs, lasts no more than two to four years and then gradually wanes.

If the “immunity” imparted by vaccines is no better than 60 percent — at best — that means that even if every person in the United States was vaccinated, we still would never reach that magic 90 percent immunization rate needed for herd immunity.

But the situation is even worse because when creating the flu vaccine, manufacturers simply guess which strain of virus will be prevalent for the coming year. Unfortunately, they often guess wrong, meaning that even those who are vaccinated get no benefit at all.

With zero herd immunity, millions will have been vaccinated for no reason.

Vaccinating people with immune problems — such as chronically sick elderly people, those with chronic illnesses, cancer patients, and those with immune diseases — has been shown to result in a very high incidence of autoimmune disorders and poses a high risk of cytokine storm.

In fact, the flu vaccine itself suppresses immunity in two ways. First, mercury in the vaccine lessens

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immune response. Second, taking the vaccine actually shifts the immune system to a suppressive mode (called a Th2 shift) that is less effective in fighting infection.

One has to ask: If vaccines are of no benefit to the immune-suppressed, why are health authorities still vaccinating these individuals?

Studies clearly show that they are at the highest risk of vaccine complications.

Diet Is the First Line of Defense

One of the grand illusions perpetuated by the vaccine manufacturers is that vaccines are the answer to preventing infectious diseases, such as the flu. Vaccines increase antibodies against a particular strain of microorganism, but our main defense against infections is not antibodies.

Rather, cellular immunity (special immune cells such as neutrophils, macrophages, lymphocytes, and monocytes) is our primary defense against infection. These cells are the early responders to infection and do most of the killing. And vaccines can actually suppress cellular immunity.

Your main defense against infections, which can have both positive and negative effects, is your diet.

I'm a people watcher. I like to observe what people eat, how they eat, and what they drink. In restaurants, most people eat rather badly, even when they think they are being healthy.

For example, most people use dressings on their salads, such as a creamy ranch or thousand island, or an oil-based dressing.

The creamy dressings are high in glutamate, which can worsen the cytokine storm.

Oil-based salad dressings most often contain one of the omega-6 oils, such as canola, safflower, sunflower, corn, soybean or peanut oil. These are known to suppress immunity, especially cell-mediated immunity, and they are frequently oxidized, which converts them into especially harmful oils.

Instead, people should use either extra virgin olive oil or coconut oil on their salads.

Diets that include a lot of meat, especially beef, supply large amounts of absorbable iron, which can worsen infections and increase free radical damage.

High levels of simple carbohydrates and sugar feed bacteria, suppress immunity, and stimulate free radical damage by increasing advanced glycation end

Cytokine Storms Damage Brain

We are now recognizing that death caused by cytokine storm is very common and can be prevented and treated if recognized. Certain vaccines, such as the hepatitis B vaccine, the Gardasil vaccine, and tetanus vaccines are more likely to cause a cytokine storm.

In many such cases, the explosion of inflammatory cytokines and free radicals is localized to certain organs, such as the brain, and even specific parts of the brain. For example, when localized to the brain stem, these storms can cause the narcolepsy, as was seen with the H1N1 vaccine; or sudden collapse, as seen with the Gardasil vaccine.

It is important to keep in mind that cytokine storms are much more common in people who suffer from immune impairment caused by chronic illness, autoimmune diseases, or exposure to certain toxicants (mercury, lead, and agrichemicals).

Immune impairment also occurs among elderly individuals, those with prolonged poor nutrition, and those with high levels of stress and dysbiosis (microbial imbalances within the body).

People with strong, healthy immune systems are far less likely to suffer from cytokine storms. But in many cases, people can appear healthy and still have an immune weakness.

products (AGEs) in tissues.

We see high levels of AGEs in people with diabetes. Diets high in sugars and simple carbohydrates are also a major cause of atherosclerosis (hardening of the arteries).

High intake of nutrient-dense vegetables (cruciferous vegetables), along with some fruits and spices can reduce one's risk of infections.

Many of the flavonoids in plants inhibit viral replication and therefore prevent viral infection of cells. They are also quite potent anti-inflammatories and strengthen tissue barriers to microorganism invasion.

People should eat at least 10 servings of fruits and vegetables a day. However, be warned that the fruits are high in sugars, so should be eaten only in limited amounts.

I prefer to blenderize the vegetables for maximum absorption.

Liquids help flush out poisons from the tissues, improve blood flow, and protect the kidneys. In the

More Advice for Protecting Yourself Against the Flu

Avoid smoking and nicotine patches. Nicotine is a very powerful immune suppressant. This explains why smoking is strongly linked to many types of cancer. I had a friend who decided to use a nicotine skin patch to treat an immune-related neurological disorder and soon after developed a terrible case of shingles (herpes zoster), which results from immune system suppression. Children living in households with smokers are also at risk.

Avoid indoor insecticide use. Numerous insecticides (pesticides), herbicides, and fungicides can alter immune function and should not be used indoors; this includes moth balls.

Get adequate sleep and avoid excess stress. Sleep is essential for good immune function and maintaining low stress levels. There are other forms of stress that also impair immunity, such as work stress and marital stress. Stress especially suppresses cellular immunity.

Engage in regular exercise. Exercise is vital to good immune function, but excessive exercise can severely suppress immunity. Marathon runners and Ironman contestants often suffer from repeated colds and prolonged bouts of the flu for this reason. Certain nutrients, such as high-dose vitamin C, can help overcome this immune suppression.

south, many people drink sweet tea (iced tea). This is made from a black tea, which has high levels of aluminum and fluoride. Adding lemon to your tea greatly increases aluminum absorption.

I would advise that people drink either white or green tea. These have very low levels of aluminum and fluoride, and higher levels of tea polyphenols (catechins), which bind and reduce bacterial and viral growth.

They also directly inhibit the flu virus.

Water should be either filtered or distilled. I

prefer to use a distiller that distills and also removes volatile contaminants by a carbon filter. You can then add a capsule of magnesium citrate/malate to the water, which will reduce fluoride toxicity and reduce inflammation.

Immune-Enhancing Nutrients Stave Off Infections

Special nutrients can improve immune function. Even minor deficiencies in single nutrients can impair immunity caused by deficiencies in vitamin C, pyridoxal-5-phosphate, thiamine, riboflavin, niacinamide, folate, and methylcobalamin.

The minerals zinc, magnesium, and selenium are also vital to immunity.

Some nutrients specifically enhance cell-mediated immunity and are especially important. These include:

Beta-1,3/1,6-glucan is a special substance derived from the cell wall of yeast and some other sources. It is a potent stimulant for cell-mediated immunity; this makes it very valuable in preventing and treating viral infections, including the flu.

The dose is 250 mg once a day to be taken on an empty stomach, with vitamin C during periods of high risk. For maintenance, take it once a week. If you are going to be flying or exposed to those with the flu, take it daily. This supplement has been tested extensively in cancer patients.

Carnivora is an extract of a particular species of the Venus Flytrap plant, which contains a number of immune stimulants targeted toward cellular immunity. I have found it to be superior to all other immune stimulating supplements.

The dose is one capsule a day during high-risk periods. This can be reduced to one capsule a week for maintenance.

Mixed Carotenoids come from a variety of plants. When God made plants, he created a mixture of ingredients that maximized efficiency. One of the

A note from Dr. Blaylock: Advertisements for various supplements may appear in the newsletter or attached to the newsletter. I have nothing to do with these advertisements and do not endorse them. The only supplements I endorse are those that I list in the newsletter. This is not to say that I object to the supplements; it's just that I am not familiar with the supplements being advertised.

Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

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Recommended by Dr. Russell Blaylock

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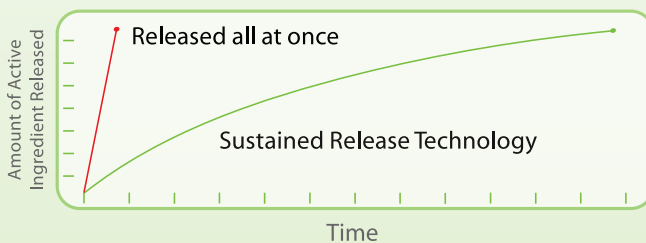
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great mistakes of early nutritional science was to use only beta-carotene as a supplement. In nature, a plant contains a mixture of carotenoids such as astaxanthin, zeaxanthin, alpha-carotene, beta-carotene, and lycopene.

Each of these acts in a different way and affects different tissues and organs. Astaxanthin plays a special role in maintaining immunity and in protecting the eyes.

Vitamin D3 stimulates the production of antimicrobial peptides and the vitamin D3 carrier protein (GcMAF) generates a very powerful activator of immune cells (macrophages). A growing number of studies have shown that low levels of vitamin D3 are associated with a high incidence of flu mortality and complications.

Those living in higher latitudes — and especially people with dark skin — have much lower vitamin D3 levels and higher risk of infectious diseases. With the widespread use of sun blockers and other sun protection, we are seeing a rise in vitamin D3 deficiency.

Recently, pediatricians have reported a return of rickets from severe vitamin D3 deficiency. Before supplementing, one should get a blood level test. Normal values are between 75 ng/mL and 100 ng/mL.

A deficiency or insufficiency in zinc can occur in conjunction with low vitamin D3 levels and is very common with chronic inflammation as seen with many chronic diseases. Cellular immunity is highly dependent on zinc.

Buffered Vitamin C has long been known to suppress bacterial and viral growth. Newer studies have shown that very high doses (given mostly intravenously) not only suppress viral infections but are also a major weapon against the cytokine storm.

A highly absorbable form of vitamin C, called liposomal vitamin C, can attain much higher blood levels than other forms of oral vitamin C.

I would discourage taking ascorbic acid as it can result in acidity, which in some can trigger mouth ulcers.

Selenium (as selenomethionine) plays a major role in immune function and is also an antioxidant. The dose is 100 mcg a day.

Magnesium Citrate/Malate is essential for immune function and also increases glutathione

BLAYLOCK TIP

A Clean Kitchen Prevents a Spoiled Holiday

Nothing can spoil a holiday meal like a case of food poisoning. Once that happens, the party is over. Just a few simple precautions, however, can prevent most cases of food poisoning.

One problem is too many cooks in the kitchen. This happens often as everybody wants to be at the center of all the action. Cleanliness and diligence go out the door.

The solution is simple: Insist on everybody following good rules of hygiene, such as thoroughly washing hands before handling foods and after handling raw meats.

Keep surfaces clean and disinfected, especially those that will be used to prepare meat dishes.

Follow this safety checklist for poultry preparation:

- Thoroughly wash poultry before preparation for cooking.
- Birds purchased from the local grocery are often washed in bleach, and this should be rinsed off.
- Remove the neck and giblets from the cavity of the bird and wash the inside as well.
- Don't forget to cook all poultry thoroughly. To kill harmful bacteria and viruses, meat in the turkey's thigh should reach a minimum of 165 degrees and its juices should run clear. If your turkey is stuffed during cooking, the stuffing should also reach 165 degrees.
- Be sure to remove stuffing from inside the bird before it cools.

and reduces inflammation.

Mixed Tocopherols and Tocotrienols are the various forms of vitamin E subtypes. Each has a unique function in cells and tissues and together is a powerful antioxidant and is essential for immune function.

The dose is 400 IU a day mixed tocopherols and 100 mg a day mixed tocotrienols.

Don't believe all the hype about flu shots: They won't keep you from getting sick, and they may, in fact, lead to worse complications than the virus itself. For more information on immune stimulation and modulation, see my book, "Natural Strategies for Cancer Patients." ■

CASE STUDY:

Doctor-Patient Relationships: The Best Medicine

Each month, I will share a case history from my practice that reveals how simple alternative approaches can solve major health problems. Some names and details may be changed to protect patients' privacy, but the problems and their resolutions are real.

— Dr. Russell Blaylock

Throughout the history of medicine, one thing has remained constant: The fact that the doctor-patient relationship is key to maintaining good health. In the past, doctors could make individual decisions based on their own knowledge and expertise — trusting their experience and instincts more than just what appeared in medical textbooks.

Today, unfortunately, many doctors merely follow healthcare guidelines prescribed by conventional medical organizations and government-backed experts.

As my regular readers know, I love to delve deeply into the mysteries of disease, and often my treatments go against the conventional wisdom. This month's case history is a pretty good example of why I take that approach.

But as my father used to say, "Nothing confounds your critics like success."

Not Ready to Give Up Yet

Mary was a middle-aged lady who was a hospitalized patient of another neurosurgeon. I saw her when I was covering for her doctor. The day before, Mary had undergone surgery for a large subdural hemorrhage — bleeding caused by a rupture in a vessel between the brain and the skull.

At first, Mary appeared to be recovering. But during the early morning hours, I received a call that she had taken a turn for the worse. In fact, the nurses believed she was going to die quite soon.

When I arrived at the hospital, Mary's priest was giving Last Rites. Her husband stood in the corner of her room crying. Her condition was indeed grave, but I didn't want to give up just yet. Her husband agreed to let me try to save her.

I started Mary on a high-dose intravenous magnesium infusion and ordered a cooling system to be applied to her head and neck. The idea was

to cool her brain by cooling the blood flowing through her carotid arteries.

Brain cooling had fallen out of favor, but my research confirmed that it could be very effective for protecting the brain in cases like Mary's.

I administered a combination of lipoic acid and niacinamide through a feeding tube in her stomach. Lipoic acid, a powerful antioxidant, supplies the brain with energy and reduces swelling. Niacinamide supplies energy and also improves blood flow to the brain.

Though everyone at the hospital expected Mary to die within hours, I persisted with my treatments. In fact, some of the nurses protested that I was just prolonging her death and should let her go. But my thoughts were with the patient and her frightened husband who begged me not to let his wife die.

By the next day, Mary began to move her arms and legs. I continued the treatments, and within another 24 hours she was opening her eyes.

From that point, Mary's recovery was rapid; within a week, she was ready to leave the hospital. I put her on a regimen of multivitamin/mineral, high-dose vitamin C, and mixed tocopherols.

'You Saved Me'

Because Mary was another doctor's patient, I lost track of her shortly after her brush with death. Then one day, my wife and I were at a local bank. The teller looked at me with tears in her eyes.

"You may not remember me, but I had been given Last Rites and you saved me," she said. I was overwhelmed with emotion at seeing Mary again and thanked God for saving this dear lady.

Today, I would not be allowed to provide Mary with such special, innovative treatment. Instead, I would be instructed to follow an approved protocol made by a distant, faceless medical board. I might even be charged with a crime for what I did.

Unfortunately, I think patients suffer under this kind of socialized medicine approach. It would be better to let doctors and patients make healthcare decisions together. I'm certain Mary would agree. ■

Health and Nutrition Updates

Vitamin D3 Deficiency and Depression

British authorities from the Department of Epidemiology and Public Health, Royal Free, and University College London Medical School have declared severe vitamin D deficiencies a major problem needing immediate attention.

The link is strongest among the elderly population, which is at a particularly high risk of vitamin D3 deficiency. The deficiency comes not only from poor diet, but also because elderly people spend so many hours indoors, and tend to avoid direct sunlight.

Now, growing evidence is linking low vitamin D3 blood levels with depression.

Several diseases that are commonly associated with depression, such as cardiovascular disease and multiple sclerosis, have also been linked to low vitamin D3 levels.

In many cases, depression preceded the onset of the disease. It is known that depression in heart attack victims suggests a high risk of a recurrent heart attack.

The common link is with high levels of inflammation associated with low vitamin D3, which is a powerful immune modulator.

While most studies involve the older subjects, some studies have found a close association with lower vitamin D3 blood levels and depression in the young as well, as was reported in the Third National Health and Nutrition Examination Survey.

This survey looked at women ages 15 to 39, and found far less depression when blood levels were at or above 75 nmol/ml.

Another study of elderly women found that those with the lowest vitamin D intake had a significantly lower ability to think clearly.

Prolonged Feeding With Infant Formula Increases Leukemia Risk

A new study found that putting one's baby on formula rather than breast-feeding increased

the child's risk of developing acute lymphoblastic leukemia 16 percent for each month the formula was continued past eight months.

Each month delay in starting solid foods increased the risk 14 percent.

This type of leukemia is the most common malignancy in children. The link likely comes from the importance of breast-feeding to the development of the child's immune system, which is impaired with formula feeding alone.

One must also consider the effect of chemicals from the plastic bottles (BPA); the high levels of glutamate, manganese, and fluoride in soy formula (the most common form used); and other differences in the chemical makeup of breast milk vs. formula.

Smoking during pregnancy and having a pelvic X-ray during pregnancy also increase risk substantially.

White and Green Tea Protect the Brain From Alzheimer's

One of the major findings about the Alzheimer's disease-affected brain is that there is a defect in energy production by the mitochondria of brain cells. This is thought to occur because of the toxic effect of beta amyloid — a component of the plaques found in Alzheimer's sufferers.

Using a model of Alzheimer's-type brain cells, researchers from the Department of Cell Biology, Microbiology, and Molecular Biology at the University of South Florida found that epigallocatechin gallate (EGCG), a substance extracted from green and white tea, powerfully restored the ability of damaged mitochondria to produce critical brain cell energy.

We know that brain cell energy loss is one of the earliest changes seen in people who develop Alzheimer's disease. Teavigo is a product available without prescription that is 95 percent EGCG. It has also been found to powerfully prevent and suppress many types of cancer.

The link between depression and vitamin D3 deficiency is strongest among the elderly, who not only have a poor diet, but often spend many hours indoors, and tend to avoid direct sunlight.

Ultrasound Better Than Mammograms For Young Women

In one of the largest studies to date, researchers at the Seattle Cancer Care Alliance and the University of Washington found that in younger women, ages 30 to 40, ultrasound examination of the breast was superior to mammograms in detecting early tumors.

The findings were published in the “American Journal of Roentgenology.” The lead researcher was Dr. Constance Lehman, M.D., Ph.D., the country’s leading authority on the use of advanced imaging for breast cancer screening.

The researchers examined 1,208 cases and found that the ability of the ultrasound to detect a tumor was 95.7 percent, compared to 60.9 percent for mammography.

The reason for the poor results for mammogram screening in women under 40 is that the breasts are much denser, and interpreting the mammogram is difficult in as many as 40 percent of women.

Despite the study being unreadable by the radiologist, physicians will often instruct women to return every year or even every six months for another study — which will also be unreadable.

In such cases, women are being repeatedly exposed to cancer-causing radiation directed at their breast, with no benefit in terms of discovering a cancer.

The paper’s authors suggest that guidelines and recommendations be changed for younger women, using ultrasounds rather than mammograms.

Stroke Risk Rises After Shingles Outbreak

A recent study of 7,760 cases of herpes zoster, also known as shingles, were examined and followed for four years after onset. Researchers found that the incidence of stroke in the test subjects rose 31 to 428 percent, depending on the type of infection. Herpes affecting the face had the highest risk.

This organism, the chickenpox virus, can on occasion cause inflammation of selected blood vessels and lead to blockage of the vessel. Most studies now agree that atherosclerosis, the cause of most strokes, is not caused by elevated cholesterol, but rather by chronic inflammation.

Developing shingles is a sign that one’s immune system is performing under par, and this can lead to

chronic inflammation which causes atherosclerosis — hence the high rate of strokes.

To prevent an outbreak, reduce inflammation while at the same time restoring cellular immunity with beta 1,3/1,6 glucan, mixed tocopherols and tocotrienols, high dose B-vitamins, B12, folate, B6 and a high intake of flavonoids, especially catechins (white and green tea), curcumin, quercetin and hesperidin.

More Evidence for the Alzheimer’s, Immunoexcitotoxicity Link

One of the great mysteries of medicine is why one person can reach the age of 100 and still have an incredibly sharp mind, be articulate, and have excellent memory, while another loses all of these faculties early in life. In my book, “Excitotoxins: The Taste That Kills,” I theorized that excitotoxicity was playing a major role in memory loss.

I have since modified my hypothesis to include a process in which the immune system goes wild. I call the process immunoexcitotoxicity, which describes interplay between the brain’s immune system and excitotoxicity. The evidence supporting my hypothesis continues to mount as major pieces of the puzzle are discovered.

It is now agreed that with Alzheimer’s dementia, the brain is chronically inflamed, as one sees intense microglial activation (activation of the brain’s main immune cell). These immune cells, the microglia, can assume several modes of behavior — some very beneficial and some quite destructive.

The big question is: Why do the microglia get stuck in a destructive mode of activity? A series of new studies have found something that may have shed some light on this critical question. Researchers discovered that a special protein called TREM2 signals the microglia to remove harmful debris and to cool down inflammation — processes that protect and repair the brain.

People with mutated TREM2 protein lose control of their microglia, so that these cells become stuck in a very destructive behavior. This mutation is much more common in people with Alzheimer’s disease.

It may be the case that chronic inflammation explains why the gene becomes mutated in the first place. If so, following an anti-inflammatory diet and using anti-inflammatory supplements can help protect the brain against this process. ■



Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share.

Each month, he will select a few to be published and answered in the newsletter.

Please remember that he cannot answer every question.

When submitting a question or comment, please include full name, city, and state.

Please e-mail the doctor at: askblaylock@newsmax.com.

Q: I have a friend who has been diagnosed with acute lymphoblastic leukemia. How can one treat this naturally?

— Derek S., Brantford, Ontario.

A: Acute lymphoblastic leukemia is a highly aggressive form of leukemia. However, I have worked with several such cases and most have had an excellent result.

Recent studies have shown that combining curcumin with quercetin not only greatly increases the effectiveness of the chemotherapy agents, while also significantly reducing the complications from the drugs.

A number of other flavonoids used in combination are also very beneficial. These include EGCG (a 95 percent pure extract called Teavigo), apigenin, and resveratrol.

High dose IV vitamin C and mixed tocopherol/tocotrienols also have significant anticancer effects. DHA has also been shown to inhibit the growth of cancer cells.

It is important to avoid iron and food-based excitotoxins—such as MSG, hydrolyzed proteins, vegetable proteins, soy products, carrageenan, autolyzed yeast and other such additives. These promote tumor growth.

Q: I just wondered what your thoughts were on Prevgen to treat dementia?

— Donna F., Palm Harbor, Fla.

A: The main ingredient in Prevgen, aequorin,

is a substance that binds excess calcium within neurons. It has been tested rather extensively with encouraging results.

With aging, the brain has greater difficulty keeping calcium out of neurons, a mechanism that is a central process in excitotoxicity.

With aging, one of the brain's most important calcium-regulating proteins, called calbindin, decreases.

Thus far, Prevgen sounds to me to be an effective treatment. I do not see any major problems associated with its use.

It may also be beneficial for treating Parkinson's disease.

Q: My daughter, who is pregnant, has gallstones and pancreatitis. Could you suggest a diet that would address both issues?

— Sandy T., Fort Saskatchewan, Alberta

A: One of the most useful treatments during pregnancy is to take magnesium supplements. Sustained-release magnesium is well-tolerated and well-absorbed.

It has been shown to reduce the incidence of gallstones and reduce the inflammation associated with pancreatitis. Magnesium also protects the baby in utero.

Avoiding high-oil based diets will also reduce the pain and reducing sugar and simple carbohydrates will reduce the pancreatitis.

In addition, taking a balanced digestive enzyme

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capsule with each meal will help reduce stress on the pancreas.

Q: My father has Parkinson's disease. What do you suggest I do to help reduce the inflammation in his brain?

— Brenda H., Minneapolis, Minn.

A: The most important thing to do is follow a good diet, avoiding further exposure to brain poisons and using the most potent anti-inflammatories available.

I also recommend supplementing with the compound hesperidin, the flavonoids curcumin and quercetin, the plant silymarin, and possibly melatonin and vitamin D3 for someone who already has the disease. All of these reduce the brain's inflammation and have the ability to slow the disease progress.

There are three important considerations: Supplying the brain cells with energy, preventing excitotoxicity, and preventing inflammation.

Curcumin in combination with quercetin will do most of these things, but one must mix them with extra virgin olive oil or coconut oil for absorption. Others at the top of the list include the vitamin D3, magnesium, and NAC (N-acetyl-L-cystine).

Finally, to maximize the anti-inflammatory effect, a combination of mixed tocotrienols and mixed tocopherols may need to be added.

Q: I have a friend whose daughter is suffering brain damage from a near-drowning. Is there something that could help my friend's little girl?

— Tracy S., Columbus, Ohio

A: I am sorry to hear about your friend's little girl. Supplementation would depend on her age, but there are a number of newer discoveries and studies showing that several nutraceuticals will not only protect the brain, but speed recovery.

In a young child suffering from drowning (hypoxia) the major damage is from excitotoxicity. Supplements that reduce excitotoxicity and inflammation, and improve brain energy production, can help alleviate the damage.

This includes B-complex vitamins, mixed tocopherols/tocotrienols, vitamin C, curcumin, quercetin, resveratrol and EGCG (white and green tea) as well as DHA.

Vitamin D3 is also essential. Niacinamide plays a major role in recovery. The dose depends on her age.

Q: If a person takes 20 to 25 different antioxidants every day, is there a risk of a pro-oxidant effect? Can this be bad for a person's health?

— Michael P., Sarasota, Fla.

A: In most cases, one needs only the primary antioxidant network — vitamins C and E, tocotrienols, B-complex, and a good diet. High levels of protection may require grape seed extract, EGCG (white and green tea), curcumin, quercetin, ellagic acid and other flavonoids.

Any antioxidant can become a pro-oxidant if used alone in a free radical situation. R-lipoic acid prevents this as does taking multiple types of antioxidants. ■

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