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INTEGRATIVE HEALTH

February 13, 2019

FEBRUARY 13, 2019 MIDWAY CENTER NEWSLETTER

Jared was in a rigorous military training program in which 85% drop out. One morning he was completely drained from the previous days activities. If he put on his blue uniform, it would announce he was quitting; if he put on his running shoes he would go forward with the rigorous day's events. Jared sat on his bed contemplating. A voice said, "Put on your running shoes." He looked around but no one was there. Jared put on his running shoes and went out to join the group for the day, but the weather was so severe that all of the day's events were cancelled. He completely recovered and felt fine for the next day's serious physical challenges. Read *God's House Calls* (at Amazon) to excitedly open windows to heaven.

New, promising cancer intervention for stage 4 cancer

Theresa has had a very aggressive stage 4 cancer - small cell of the lung. With our coaching and support, she is 18 months out with clean scans for six months – something her UK oncologist has never witnessed.

A "terminal" prostate cancer patient was screaming with pain, vomiting frequently and rapidly losing weight. One week later, on a new protocol, his pain had been gone for 3 days, nausea and vomiting had resolved and he was eating again. This was the fastest turn-around of an end-stage cancer patient we have witnessed. We will be monitoring his progress.

A "terminal" multiple myeloma patient with extreme anemia and severe kidney failure

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was started on the new protocol. At 3 weeks, the anemia, kidney function, bone pain and vitality have improved. She is off her walker, and on a cane.

Three weeks on the new protocol in conjunction with chemotherapy, Janet has seen lung metastases, from her Stage 4 HER2 breast cancer, shrink for the first time in two years.

We have started other stage 4 cancer patients on this approach; they will be back periodically - we will see how they do. It is our belief that this intervention will be supportive in every type of cancer. There may be situations where it would be available for compassionate use.

***** "America's Healer" will now reserve Fridays at his office for new cancer patients beginning Feb. 22nd *****

WHAT OTHERS ARE SAYING ABOUT "Vital Strategies in Cancer"

"...It seamlessly blends hard science, engaging personal stories, and the spiritual side of healing together in one, extremely readable book. I highly recommend it to physicians and patients alike. In other words, to everyone!"
Julia Schopick, Co-author "*Honest Medicine*" and "*The Power of Honest Medicine*"

"(Dr. Roach is)...a leading light in the world of integrative holistic cancer care. It is a must read for all seeking empowerment and transformation through the cancer journey." Daniel Friedland, MD, Past Chair, Academy of Integrative Health and Medicine
Author "*Leading Well from Within*"

"In *Vital Strategies in Cancer* Dr. Roach has shared his encyclopedic knowledge and comprehensive experience to help guide hundreds of us who have cancer in making our treatment more successful as a holistic body – mind – spirit experience. Roach has provided this essential cornerstone for my own personal cancer treatment. Robert Anderson M.D., founder of the American Board of Integrative Holistic Medicine (now AIHM), author of "*Stories of Healing*" and

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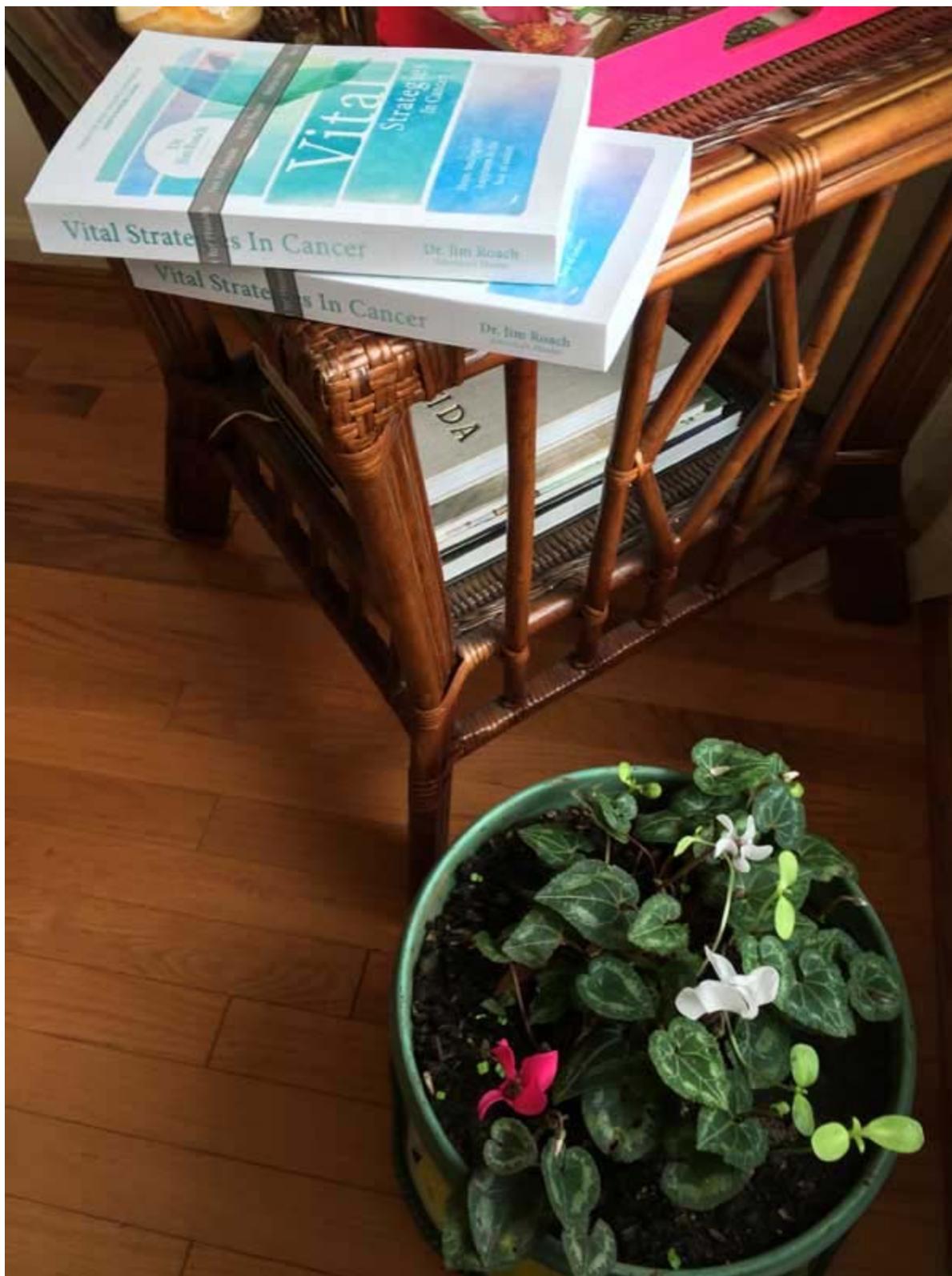
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Buy it on its release March 6th!

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News tips and insights

- **A new report from the largest database confirms supplement safety.** The 35th annual report from the American Association of Poison Control Centers shows zero deaths from vitamins A, B, C, and E or multivitamins. One single allegation of death from chronic vitamin D overdose is 3/6 meaning "contributory;" suggesting the patient was on vitamin D but causality could not be established. **There were zero deaths from any dietary minerals including silver and iron. No deaths from amino acids, no deaths from herbs, and no deaths from any homeopathic remedy, Asian medicine, or ayurvedic medicine.** A fatality from an "Unknown Single Ingredient Botanical" and an "Unknown Energy Drink" are reported but the obvious uncertainty diminishes any claim of validity. One unsubstantiated death attributed to melatonin is reported, but melatonin toxicity is low, and would be equal to taking 10 or more melatonin bottles all at once. Clearly supplements, despite allegations that they are "dangerous," are amazingly safe. **Rx drugs in comparison kill at least 100,000 Americans annually.** *Orthomolecular Medicine News Service Jan. 8, 2019*
- **Compare this to the information on a poster to be used by physicians in JAMA Int Medicine Jan. 7, 2019:** "Things to know about nutritional supplements 1) Supplements can contain ingredients that are toxic and may cause harmful reactions...are weakly regulated and undergo little...testing...A balanced diet provides all the vitamins and nutrients needed for good health" (blatantly false – JR) Only consider a supplement with planning pregnancy, with osteoporosis or vitamin B12 deficiency or with gastrointestinal issues. **This incredibly misleading poster from mainstream medicine ignores hundreds of thousands of studies showing benefits – HUNDREDS OF THOUSANDS!** And would you rather risk a possible 1 in 500,000,000 death with supplements or a guaranteed 100,000 annually from Rx drugs, each with side effects, often including cancer or brain damage. **How is it that we are reversing disorder after disorder with 'vitamins and minerals' that conventional medicine can only cover up symptoms with drugs?**

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- **Generic drug companies** have been accused of **keeping the price levels of 300 generic drugs artificially high** by doling out generics to one company with other agreeing not to create generic competition. Washington Post 12-9-18 (Certainly clinically we have time and again seen generic prices unexplainably high-JR)
- In a study of 78,615 men, **blood pressure medicine increased risk of prostate cancer 16%, and metastatic prostate cancer 36%**. ACE inhibitors (e.g. **lisinopril**) increased risk 10%, beta-blockers (e.g. **metoprolol**) raised risk 14% and diuretics (e.g. **hydrochlorothiazide**) 16%. Scand J Urol. 2019 Jan 30:17. doi: 10.1080/21681805.2018.1559882
- **Vitamin D requires some magnesium** to be activated. AJCN 12/201
- **Oxalate blood levels are 3 times higher in autism**; assessment and treatment of oxalates is an important treatment. (High oxalates are very common and debilitating; testing helps to assess-JR) Journal of the European Paediatric Neurology Society August 201
- **The highest consumption of caffeine doubled the risk of delivering babies with shortened gestational age or abnormally low birth weight.** The connection was consistent regardless of whether the caffeine was from coffee or tea. Caffeine during pregnancy **may also lower IQ** in offspring. AJCN 1-16-2019
- Dutch researchers found 31% increased **odds of reaching age 90** among women who were about 5 feet 9 inches tall and remained thin over the study period than those who were around 5 feet 3 inches tall and heavier. Findings also showed that men who exercised for more than 90 minutes a day had 39% higher odds of reaching age 90 than those who exercised for less than 30 minutes, while being physically active for up to 60 minutes daily raises women's chances of reaching age 90 by 21%. 1-2019 Journal of Epidemiology and Community Health

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- Jeanne was diagnosed in 2009 at the University of Kentucky with **Parkinson's disease**. They tried her on four different Rx meds that made her worse, and very weak. We started seeing her in 2015, and regularly since. She was requiring a walker and her tremors were severe. Over the last four years her tremors have improved, she is off her walker, and cognitively doing well. Research in 2017 revealed that a **single dose of Mucuna pruriens (which contains levodopa) at 17.5mg/kg showed a greater response at 90 minutes and 3 hours compared to a combination of levodopa with carbodopa, but with fewer dyskinesias and adverse reactions**. Neurology 2017;89:432–438 At our clinic we have seen early Parkinson's completely controlled in one patient with **high-dose CoQ10** and another with **vitamin B12 injections**. A severe atypical Parkinson's patient responded amazingly well to **mercury detoxification, hormones and B vitamins** – JR)
- **Coconut oil derivatives were stronger and lasted longer than DEET**, repelling biting flies and bed bugs for two weeks, and ticks for one week. They also were effective against mosquitoes Sci Rep. 2018 Sep 19 ;8(1):14053
- **Exercise may be as effective as blood pressure drugs**. Brit J Sports Med 1-20
- **We had our 10th case of autism/severe neurologic sequelae from the MMR** vaccine. The child was labeled as precocious until receiving the vaccine at 2 years of age. Diarrhea developed immediately and cognitive changes were noted one week later, which continued to deteriorate, leading to a diagnosis within months. What was unique is this child got autism despite getting the MMR much later than usual. Of all the children that have come to us with autism or severe neurologic injury, the large majority developed it within a week of the MMR vaccine. In a future book, solutions to this dilemma will be presented.
- **Use of benzodiazepines (like Valium)** in ambulatory care **nearly doubled** between 2003 and 2015 (These shrink the brain-JR) JAMA Network

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Open. 2019;2(1):e187399

- **The mandatory genetically modified food label (GMO) rule change will make it more difficult to identify effected foods.** The GMO name will be changed to “bioengineered” to make it sound more innocuous, and will apply to a narrower group of foods by creating loopholes and exemptions. Genetically “edited” non-browning mushrooms and Arctic apples will not require a label. Congress enabled the USDA decision. Inadvertent GMO up to 5% is now allowed. Highly refined foods made from GMO crops such as high fructose from GMO corn will also not require a label. The symbol was changed to a misleading cheerier one: a field and a sun. Information is from the Alliance for Natural Health newsletter.
- **The potent natural blood thinner lumbrokinase, when attached to a taxane cancer chemotherapy drug, was much more effective than a taxane alone** (we frequently use lumbrokinase in the form Bouloke in our cancer patients-JR) Intl J Nanomedicine 2018 13:3625-3640
- In mild to moderately active **ulcerative colitis**, the proportion achieving steroid-free remission with **stool transplant** at 8 weeks was 32%.
JAMA. 2019;321(2):156-164.
- **For every 3 pharmaceutical payments to doctors per 100,000 people in a county, overdose deaths with Rx opioids there a year later were 18% higher.** Rather than acknowledging doctors are prescribing too many opioids and accepting favors, the American Academy of Family Physicians president instead discussed ‘limitations’ of the study. *JAMA Network Open* 1-18-2019
- Evolving **Alzheimer’s** dementia may be detectable up to 16 years in advance by measuring neurofilament light chain blood levels, which predict brain shrinkage and cognitive impairment. *Nature Medicine* 1- 2019
- **Cancer-causing agents have been generated in the production of many versions of the blood pressure medicine valsartan.** An executive reported

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that it's possible that companies weren't cleaning up the active ingredients as a cost-saving measure. It wouldn't have been unexpected, he said, that the synthesis process would create contaminants. **"The manufacturers know, or should have known, about the contamination"** he stated. Common precision tools exist to analyze these contaminants, and there are standard procedures for getting rid of them." **One to two million people may have taken the valsartan with the impurities**. Washington Post 1-25-18

- **Jason Williams MD is a pioneering cancer physician** whose success for any solid tumor may be approaching 80% through a combination of tumor ablation and localized immunotherapy. Dr. Williams has successfully treated some of our challenging patients. On Jan. 31st, as part of the Super Bowl festivities, Dr. Williams was named **the 2019 Vince Lombardi Cancer Foundation "Leader's for a Cure" honoree**. We congratulate Dr. Williams!
- Pleased that my friend Claudean Oakley RN is now a **Canfield Certified Trainer**

At THE MIDWAY CENTER:

We typically are able to stop 70% of Rx medicines over time

We focus on what other doctors can't fix

Our patients stay healthier, feel better, live longer, and stay out of hospitals

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Conference Photo with Cindy Azevedo ND, LAc Lakeland, MA

At THE MIDWAY CENTER:

- **We usually achieve with natural approaches about an 80%+ resolution of:**
 - Migraines and other headaches
 - Brain fog
 - PMS
 - Ovarian cysts
 - Polycystic ovarian syndrome
 - Irritable bowel syndrome
 - Crohn's disease
 - Ulcerative colitis
 - Bipolar disorder
 - Tic doloureux
 - Muscle cramps
 - Restless leg
 - POTTs (postural hypotension)
 - Intermittent atrial fibrillation in females

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- Carbohydrate craving
- Vaginal dryness
- **We usually achieve at least 50% resolution of**
 - Coronary artery disease
 - Congestive heart failure
 - Adrenal disease
 - Chronic fatigue
 - Acid reflux
 - Cognitive impairment
 - Barrett's esophagus
 - Plantar fasciitis
 - Excess weight
 - Low testosterone without Rx
 - Erectile dysfunction
 - Low estrogen
 - Urinary incontinence
 - Raynaud's
- **We usually achieve stabilization to at least 30% resolution of**
 - Multiple sclerosis
 - Carotid disease
 - Liver disease
 - Kidney disease
 - Acute macular degeneration
 - Uterine fibroids
 - Dupytren's nodes

Marie Manaheim DNP is one of the most thorough, knowledgeable nurse practitioners in America. Her expertise is complex cases. If you like meticulous assessment of your health issues, you will love Dr. Marie. We are **thrilled she is practicing with us!**

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