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INTEGRATIVE HEALTH

January 2019

## JANUARY 8, 2019 NEWSLETTER

Sylvia was reading the bible as she did every early morning in her home when she very clearly heard a voice “Sylvia, you are one of my own.” She went to the bedroom to ask her husband if he heard anything – “No”. For the next hour she cried.

Sharon’s son was nearly a teenager. His birth had been very difficult for her. She knew the second she learned that she was pregnant with him that it was a boy. Then at 44 years old, again she was pregnant. She immediately knew it was a girl and began looking forward to having one of each. But then she had a first trimester miscarriage and was crushed. Then God spoke “You will find peace in me, and I will number your children.” Then she was fine.

GOD’S HOUSE CALLS is literally stuffed with over 200 paranormal spiritual stories like these – VERY uplifting and enlightening, perfect for winter evenings! Available from Amazon, or signed copy through [mcimssupplements@gmail](mailto:mcimssupplements@gmail.com) (add \$3 shipping).

### **WHAT OTHERS ARE SAYING ABOUT “VITAL STRATEGIES IN CANCER”**

**“I consider this book a must-read for cancer patients and their families. Highly recommended!”** -Jonathan Stegall, MD, Integrative Oncologist, Atlanta, GA, author of Cancer Secrets

**This book touches on so many aspects of dealing with cancer. With its real**

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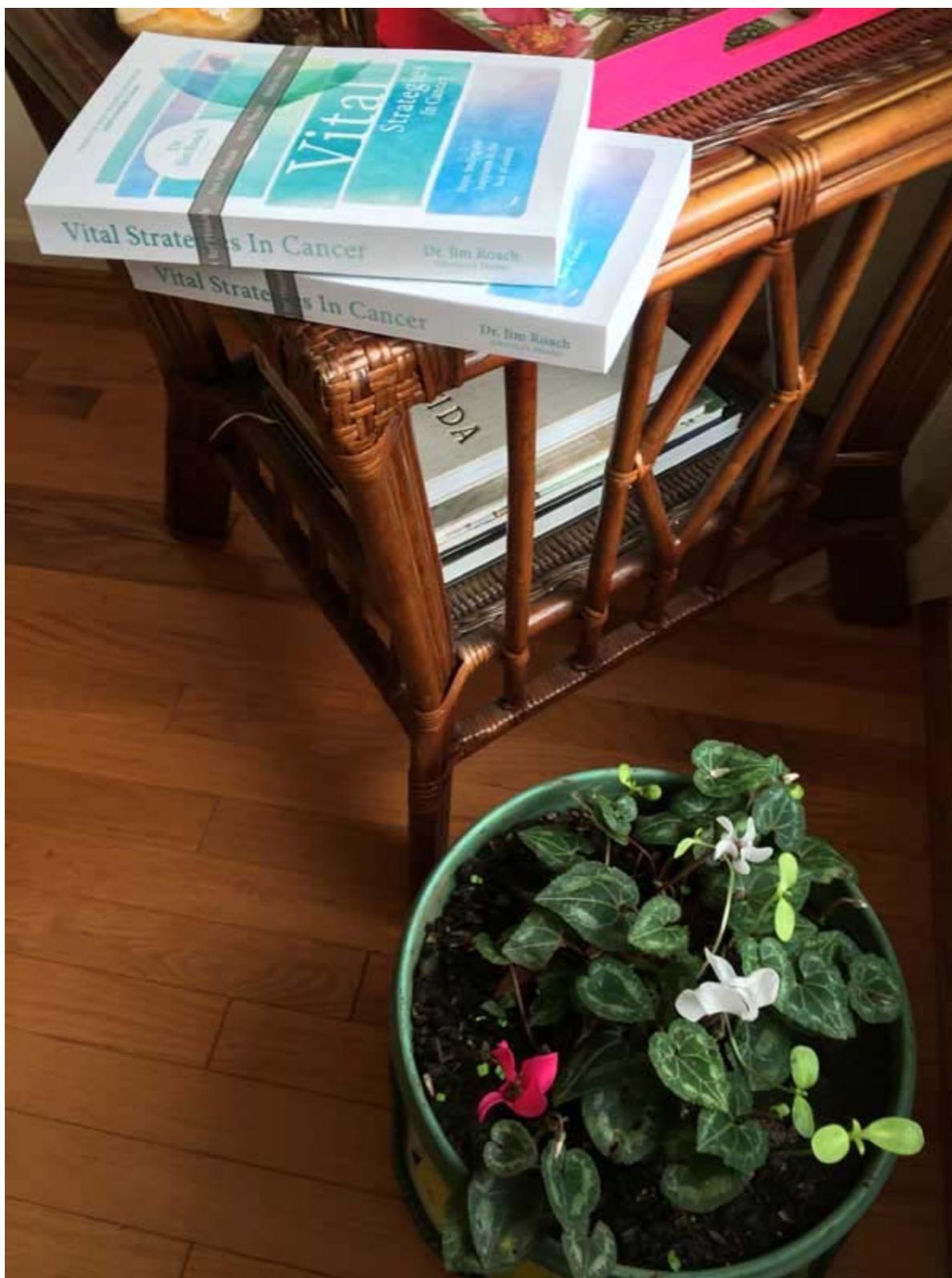
**patients' stories... and covering so many aspects of the cancer journey, it is a terrific read. Crammed with useful information and well organized, I found it a really useful tool for anyone dealing with cancer, Advocates and caregivers.** Ann Fonfa, founder of the Annie Appleseed Project: Cancer information, education and advocacy with annual integrative cancer conferences in Florida

**Watch for its release on *March 6<sup>th</sup>*!**

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### **News tips and insights**

- My personal **winter cold/flu approach**: Daily I take **vitamin D-A-K, whole food zinc, nighttime lysine** (6 500mg with supper) with generous amounts of **Immucare 1 & 2** in my daily smoothie. At exposure to anyone coughing or other respiratory symptoms, I take 2 **Flew Away** (FA) and 2 **Elderberry** (E - quality source important). If someone coughs in my face or if there is a hint of symptoms, 2 FA 4 times/day, 2 E 3 times/day, and **eliminate high arginine foods** (e.g. citrus, apples, nuts, chocolate, coffee, potatoes)
- Dramatically reducing **opioids** at and after gynecology oncology hospitalization improved outcomes
  - After laparotomy 12 pills vs. 43
  - After laparoscopic or robotic surgery, 1.3 vs 38
  - After ambulatory surgery, 0.2 vs 14
  - Perioperative morphine equivalent less than 1/5<sup>th</sup>
  - Refill request were not higher
  - Postoperative visit pain scores were 1.1 vs 1.4 prior
  - Complications 4.8% vs. 6.7%|
- **Top new supplement recommendation**: Trace Mineral Drops. Minerals are washed down from mountain rocks into lakes below, then rivers. Rivers when they flood, nourish neighboring fields, but dams interfere. Every time it rains, minerals get washed out of the soil. When crops are raised, minerals are also depleted. Year after year, there are fewer minerals in the soil. When Alexander the Great was preparing to invade Asia, he purposefully chose Egyptian wheat to feed his troops, because the Nile flooded those lands every year, producing crops that led to strong troops. We recommend mineral drops with a special balance to take an hour before bed nightly. With over 70 minerals, they support healthy sleep and calm days. Contact Lauren at [mcimsupplements@gmail.com](mailto:mcimsupplements@gmail.com) to order yours!

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JAMA Ob Gyn 12-7-2018

(Opioids should be rarely used even in hospital settings and hardly ever outpatient; hospitals appear to be the biggest drive of the opioid epidemic-JR)

- **Intermittent fasting reversed insulin-dependent type 2 diabetes** (DM) in 3 of 3 cases – all got off insulin within one month, all but one stopped all DM medicine (the other 3 of 4), all lost weight 10-18%. All attended a 6-hour seminar on nutrition, DM and its impact, and therapeutic fasting. Fasting was eating only supper 3 days a week or every other day. **Fasting reversed insulin resistance** – going without eating re-sensitized insulin receptors. BMJ Case Reports 2018 <http://dx.doi.org/10.1136/bcr-2017-221854>
- **Histamine Sensitivity Syndrome Symptoms:**
  - Diarrhea, nausea, vomiting, headache, itchy skin, oral allergy symptoms, red eyes and swollen eyelids (occur in 50%+); also asthma, hives, flatulence, abdominal pain, itching, eczema, arrhythmia
  - Reactions can occur an hour or days later; DAO enzyme mutation are present in 24%; responds to DAO enzyme with meals. *Allergy*. 2018;73:949-957. <https://doi.org/10.1111/all.13361>
  - **Food sensitivities** can be the cause including milk products, lettuce, Brewer's yeast, pork, coffee, rice, fish, asparagus, eggs, tomatoes, grains, shellfish. *World J of Gastroenterology* 12-2014
- **1 in 20 Florida children have autism** (nationwide, 1 in 38). (Autism is almost completely preventable; impressive turnarounds can be achieved if treated in the early years, good response in later years-JR) *JAMA Pediatrics* 12-3-18
- **If blood pressure (BP) is managed too aggressively, risks increase dramatically.** Comparing intensive management targeting systolic <120 to less aggressive <140, 34% in the first group had the lower number (diastolic) <55 once and in those there was a 67% increased risk of morbidity or death; 13% in the latter group (It is UNWISE to do intensive BP management with drugs; management of BP <160 systolic is best done with natural approaches-JR). *Am J Med* 10-2018

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- **In 2016, the US spent 17.8% of its gross domestic product on health care** compared to 9.6% (Australia) to 12.4% (Switzerland). The proportion of the population with health insurance was 90% in the US, lower than the other countries (range, 99%-100%). The **US had the highest percentage of adults who were overweight or obese at 70.1%** (range for other countries, 23.8%-63.4%; mean of all 11 countries, 55.6%). **Life expectancy in the US was the lowest of the 11 countries at 78.8 years** (range for other countries, 80.7-83.9 years; mean of all 11 countries, 81.7 years), and **infant mortality was the highest** (5.8 deaths per 1000 live births in the US; 3.6 per 1000 for all 11 countries). The US did not differ substantially from the other countries in physician workforce or nursing workforce. **The US had** comparable numbers of hospital beds but **higher utilization of magnetic resonance imaging and computed tomography** vs. other countries. **Administrative costs of care** (activities relating to planning, regulating, and managing health systems and services) **accounted for 8% in the US vs. a range of 1% to 3% in the other countries.** For **pharmaceutical costs, spending per capita was \$1443 in the US vs a range of \$466 to \$939** in other countries. (*These last numbers signify how much U.S. insurance companies take out of each health care dollar. Note that high spending on pharmaceuticals coincides with a 3 year lower life expectancy* - JR) March 13, 2018 JAMA
- To diagnose 1 case of skin cancer, the number needed to be biopsied (NNB) was 3.9 for physician assistants (PA) and 3.3 for dermatologists ( $P < .001$ ). Per diagnosed melanoma, the NNB was 39.4 for PAs and 25.4 for dermatologists ( $P = .007$ ). **Patients screened by a PA were significantly less likely than those screened by a dermatologist to be diagnosed with melanoma in situ (0.2% vs 0.4%** of visits), but differences were not significant for **invasive melanoma (when it is nearly too late)** or nonmelanoma skin cancer. JAMA Dermatology May 2018
- **Risk of invasive breast cancer was 88% higher in the highest quartile of body fat;** estrogen receptor positive breast cancer was 121% higher. JAMA Oncology 12-6-2018

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- **Taking thyroid medicine levothyroxine at bedtime** improved effectiveness, lowering TSH by an extra 1.25 mIU/L; free T3 improved by 0.1 ng/dL. Arch Inter Med. 2010;170(22):1996-2003
- a flavanoid in apples, persimmon, grapes, onions, cucumbers and strawberries is a **potent anti-senescence agent, supporting a longer 'healthspan'**. E Biomedicine Oct 2018
- **THC in marijuana alters sperm** DNA methylation pathways that impact organ growth and growth-regulating genes; avoid cannabis for 6 months prior to conception. Epigenetics 12-18
- **Yoga improved PMS sleep disturbance**. Alt Therapies in Health & Medicine 12-2018
- **Statins are overprescribed** (vastly-JR) Annals of Int Medicine 12-2018
- **Rx medicines are progressively distorting the cause and appropriate management of health issues**
  - Television ads continuously mislead Americans as to the causes and safe appropriate management of health conditions
  - Nearly all of the health conditions targeted in these ads can be effectively managed and 90% symptoms free with safe non-Rx strategies (cancer and Alzheimer's are much more challenging) - JR
- At bedtime, **COUNT EACH POSITIVE THING YOU DID** to make a positive difference in others or that improved your life
  - This puts life in perspective and is comforting
  - This encourages you to focus on the important things each day
  - Then count them as they happen during the day
  - Then you catch yourself doing them more often
  - And you will fall to sleep more readily

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- Mike Putnam, the President of CBA Pharma, was involved in development of the Hubble telescope. **The darkest point in the night sky** he learned is just above where the Big Dipper's handle meets the cup. When Hubble was trained on that spot for 100 hours, and then a separate lens applied for another 100 hours, **38 billion galaxies were identified. Each galaxy has 10 billion stars,** and each star ten planets on average. We are not alone.

***."There are two ways of exerting one's strength: One is pushing down, the other is pulling up."***

Booker T. Washington, writer, educator and orator

- We will be using a new promising strategy in stage 4 cancer; one patient had an incredible response in conjunction with a chemotherapy drug.

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## *America's Healer with Dr. Amy Coleman*

Blessings,  
Jim Roach MD, America's Healer

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