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DOCTOR ROACH
INTEGRATIVE HEALTH

June Newsletter | June 6, 2018

God loves children, and when they have challenges, I find God gives them special gifts. Macy has Down's syndrome. When she got lost, her mother went searching and finally found her. "Macy where have you been?!". "I've been talking with Grandma Maruder. She said she was tired" and went on to describe a long conversation. Grandma Maruder had died two years earlier.

Macy mentioned that her class was going to have a field trip, and also shared that her teacher fractured her knee going down a slide. A week later Mom remembered the field trip, and decided to go; she learned that that morning Macy's teacher had fractured her knee on the slide. **Macy had somehow seen the incident a week in advance.** Wondering if there really is a God? Read **GOD'S HOUSE CALLS** on Amazon and you will have no doubts!

Rx MEDICATION

Prescription medicine always has side effects. That is because they are virtually always synthetic; our extremely complex bodies will always be damaged in some way. As the liver is where estrogen is metabolized, and Rx meds are primarily metabolized in the liver, it follows that most Rx medicines are estrogen-promoting. This increases risk of estrogen

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associated disorders from autoimmune conditions, to general inflammation, to estrogenic cancers including most melanomas and lung cancer.

RISKS OF HYPERTENSION DRUGS

New research magnifies the risk of hypertension drugs. In the May Mayo Clinic Proceedings, deaths from beta-blocker cardiovascular medicine were 40.6 per 1,000 person-years (vs. 13.8) – a 134% increased risk. In diabetics, these medicines tripled risk. Stroke risk is 113% higher, and risk of hospitalization for depression is doubled. Calcium channel blocker (CCB) blood pressure drugs also increased depression, while boosting pancreatic cancer risk 66%. Commonly used hydrochlorothiazide promotes weight gain, diabetes, low testosterone, sexual impotence, squamous cell skin cancer, high cholesterol, rashes and gout, and nutrient deficiencies include potassium, magnesium, zinc, calcium, CoQ10, and vitamins B1, B6 and C. Along with greatly limiting salt, dozens of botanicals and nutrients can help blood pressure including pomegranate, olive leaf extract and black cumin seed oil. Hypertension is reversible (I've eliminated mine).

Increasingly, the push is on to lower **blood pressure** ever more aggressively but this may be misguided. It is wise to target 120/80 but a meta-analysis by Cochrane investigators found that Rx drug treatment, due to side effects, is not warranted until it reaches 160/90. In comparing intensive treatment (goal systolic <120) vs. <140 chronic kidney insufficiency was 2½ times greater in the intensive group; in diabetics, incidence was 143% higher (The Lancet Diabetes and Endocrinology, Beddhu S. 4-20-18).

Our intention is to essentially eliminate prescription drugs from our practice; those who prefer Rx approaches will be more comfortable

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seeking other providers.

OFFICE NEWS!

Dee Dee Carman ARNP is leaving our office this month. She has been with us since 2004 and has been a very loyal provider to her patients who will miss her dearly. She would often visit her patients in the hospital, and readily called doctors on their behalf. Her granddaughter will be getting her NP degree at Vanderbilt.

We are proud that **Wendy Enneking DNP** from our office was a **speaker in April at the state nurse practitioner conference**. Dr. Enneking and our office were also recognized by Roger Snell in his nationally released book '**Love, Grandpa**'.



Join us in welcoming Donna, our new insurance specialist! She brings a lot of experience and positive energy to the position. **Kayla**, our previous insurance-referral specialist, has retired to be with her young children.

Norton Hospital's Wellness Symposium was the scene of excellent presentations on integrative holistic approaches. My talk on Comprehensive Functional Medicine was well received by the several hundred health practitioners and nurses in attendance.

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Roger Snell has been assisting with my upcoming book **Vital Strategies in Cancer** (www.vitalstrategiesincancer.com). Release is anticipated this fall.

NEW RESEARCH ON IMMUNOTHERAPY

On the bright side, new research is confirming that **the most effective cancer immunotherapy drug overall is Kaytruda**, which doubled the benefit of chemotherapy in lung cancer, and added benefit in advanced melanoma. Immunotherapies have fewer side effects than conventional chemotherapy but still work less than half the time. However the top botanical medicine expert Donnie Yance sees better results when combined with integrative approaches that we now utilize at our office. On this protocol, we are currently seeing a dramatic response with immunotherapy in the rapid, difficult to treat **small cell lung cancer**.

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HEPATITIS A

While there was recently an outbreak of **hepatitis A** in Louisville and a case report in nearby Lexington, KY, during my 37 years of practice it is rare. Hepatitis A is usually benign relative to Hepatitis B and C. It may last eight weeks, can recur in subsequent months in 10%, but is not chronic. Symptoms can include jaundice, nausea, fever, diarrhea, and abdominal pain but many have none. Symptoms begin 2-6 weeks after exposure. Rarely it is fatal, primarily in the elderly. It is usually acquired through contaminated food and water.

While a **hepatitis A vaccine** is available, I reserve vaccine recommendations for where the risk-benefit ratio is clearly favorable. A highly experienced top integrative physician has found Hepatitis A readily responsive to integrative approaches. If presented with another case, I would focus on optimizing liver health with Reishi and Immucare 2. Vitamin D, zinc, and Immucare I would bolster the immune response. Anti-viral strategies include optimizing lysine to arginine balance. If it were me, I would add in Cordyceps, coconut oil, Argentin-23 silver, black cumin seed oil, and lactoferrin.

Having had seven children show up at my office with **severe neurologic consequences** developing within a week of childhood immunizations, nearly always including MMR, I pay attention to **vaccine risk**. When a patient presented with **multiple sclerosis (MS)** soon after a **hepatitis B vaccine**, my research found an outbreak of MS in France after

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introduction of the hepatitis B vaccine there. A recent patient reported developing chronic fatigue/fibromyalgia after this vaccine.

Aspirin was associated with a 154% increased risk of **melanoma** (Amer Acad Derm 5-2018). I am not a fan of aspirin as it **kills 20,000 Americans annually** according to the University of Virginia, and that may be an underestimate. While there are benefits, higher risk of **pancreatic cancer, hemorrhagic stroke, kidney failure (even from a 'baby' aspirin), erectile dysfunction, melatonin suppression**, disrupted mitochondria and doubling of acute macular degeneration are concerns. It depletes folate, vitamins B12, B5, C, K, calcium, iron, potassium and sodium. As a COX-2 inhibitor, it likely inhibits healing by blocking angiogenesis and might increase blood pressure. If recommended by a health practitioner, visit our office to safely remove aspirin from your regimen.

How dangerous is **vitamin D3** for children? Malnourished children in Pakistan who were underweight with mental and physical disabilities from 6 months to 5 years of age were given 200,000IU of vitamin D3, followed two weeks later with a second dose. This was a VERY LARGE amount. After two months, relative to placebo, **weight gain, gross and fine muscle use, and language substantially improved** (Am J Clin Nutr 5-2018). Previously JAMA had reported in newborns, 800IU daily was insufficient but 1200IU was high for some (I recommend 1000IU; in breastfeeding mothers on vitamin D, I add 600IU daily for infants). This coming winter I intend to begin writing a book on fertility, pregnancy and the early years.

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ALLERGIES

Many patients present on **antihistamines**. When you want brain fog, urinary retention, acid reflux and constipation, antihistamines are perfect! Why take neurocognitive-impairing Singulair when you can take similarly-acting Boswellia which is linked with improved learning and memory, is anti-inflammatory, anti-yeast, and promotes intestinal healing? **If you are fond of cataracts, a cortisone nasal inhaler is just the trick**, and it grows those toxic and 'leaky gut' promoting yeast; wouldn't health-promoting bioflavonoid quercetin be a better choice? Vitamin C is usually a good quick fix at onset of allergy symptoms though dosing may have to be repeated every few hours. Therbiotic probiotic and other measures such as marshmallow root to seal the intestines to prevent allergens from crossing is important along with avoiding hypersensitive foods. I like Quercetin Plus (Natura Health Products) or Histamine X (Seeking Health) as combination products containing nettles.

The above information may be familiar but this may not: food **leftovers** increase **histamine**. Histamine effects also include **hives**, facial flush, runny nose, and intestinal symptoms. While fermented foods are a great source of 'good' bacteria, they can be a problem for those with histamine sensitivity; these include Kombucha, sauerkraut, vinegar, soy sauce, kefir, yogurt, wine, beer, vinegar-containing foods, pickles, mayonnaise, olives, cured meats (bacon, pepperoni, salami, luncheon meats, hot dogs), aged cheeses, beans and pulses (chick peas, soybeans, peanuts, walnuts, cashews), and shellfish. Histamine promoters include most citrus, cocoa/chocolate, nuts, papaya, beans and pulses, tomatoes, wheat germ, and food additives. Many have DAO (diamine oxidase) gene mutations; DAO enzyme can help along with avoiding DAO blockers alcohol, tea, and energy drinks.

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PLAN NOW to attend the **Extraordinary Practice Conference** the **3rd weekend of November (Nov. 15, 16, 17, 2018)**.

The conference, oriented toward health practitioners, covers Integrative Holistic Health and Integrative Cancer strategies. Over 1000 pages of personalized handouts on nutrients, botanicals, testing, and virtually every health disorder you can imagine. Learn how to manage an effective, comprehensive integrative cancer program. Register at www.drroach.net. *Financial scholarships are available.*

[Register Here](#)

Tune in to Erskine Overnight this weekend (June 9 & 10), I will be on air.

These are strange times when we are taught the way to treat multiple sclerosis, psoriasis, diabetes, and other chronic disorders is with new expensive, life-threatening drugs when simple lifestyle approaches and nutritional support, bolstered by comprehensive analysis, can always improve, and often resolve these challenges.

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“Strange times are these in which we live when old and young are taught falsehoods in school. And the person that dares to tell the truth is called at once a lunatic and fool.” Plato

Blessings,

Jim Roach MD, America’s Healer



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