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INTEGRATIVE HEALTH

March 6, 2019

MARCH 6, 2019 MIDWAY CENTER NEWSLETTER



My 58th (of 59) spiritual near-death patients: Sharon was in an abusive, highly stressful marriage but felt obligated to make it work. One night while in bed she ascended out of her bed, the ceiling opened up and she found herself in heaven. The feeling was incredible and she had all knowing. There was a lot of green pasture. The grass was alive and musical; in fact music was coming from every direction, as everything was alive. The colors were so vivid that it made colors on Earth pale in comparison. When it was over, she no longer feared death and felt completely comfortable that leaving the marriage was the right thing. She is now an integrative nurse and life coach. Speaking for 5 hours in Philadelphia this past Saturday to 43 integrative health practitioners, when I asked how many have had

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paranormal spiritual experiences, nearly half held up their hands. GOD'S HOUSE CALLS on Amazon will 'blow you away' with over 200 stories of the power of God to amaze!

This is the **YouTube link** for the **new exciting book trailer**:

<https://youtu.be/-FWD7ULYzFA>

**#1 NY Times author Mark Hyman MD endorses
VITAL STRATEGIES IN CANCER**

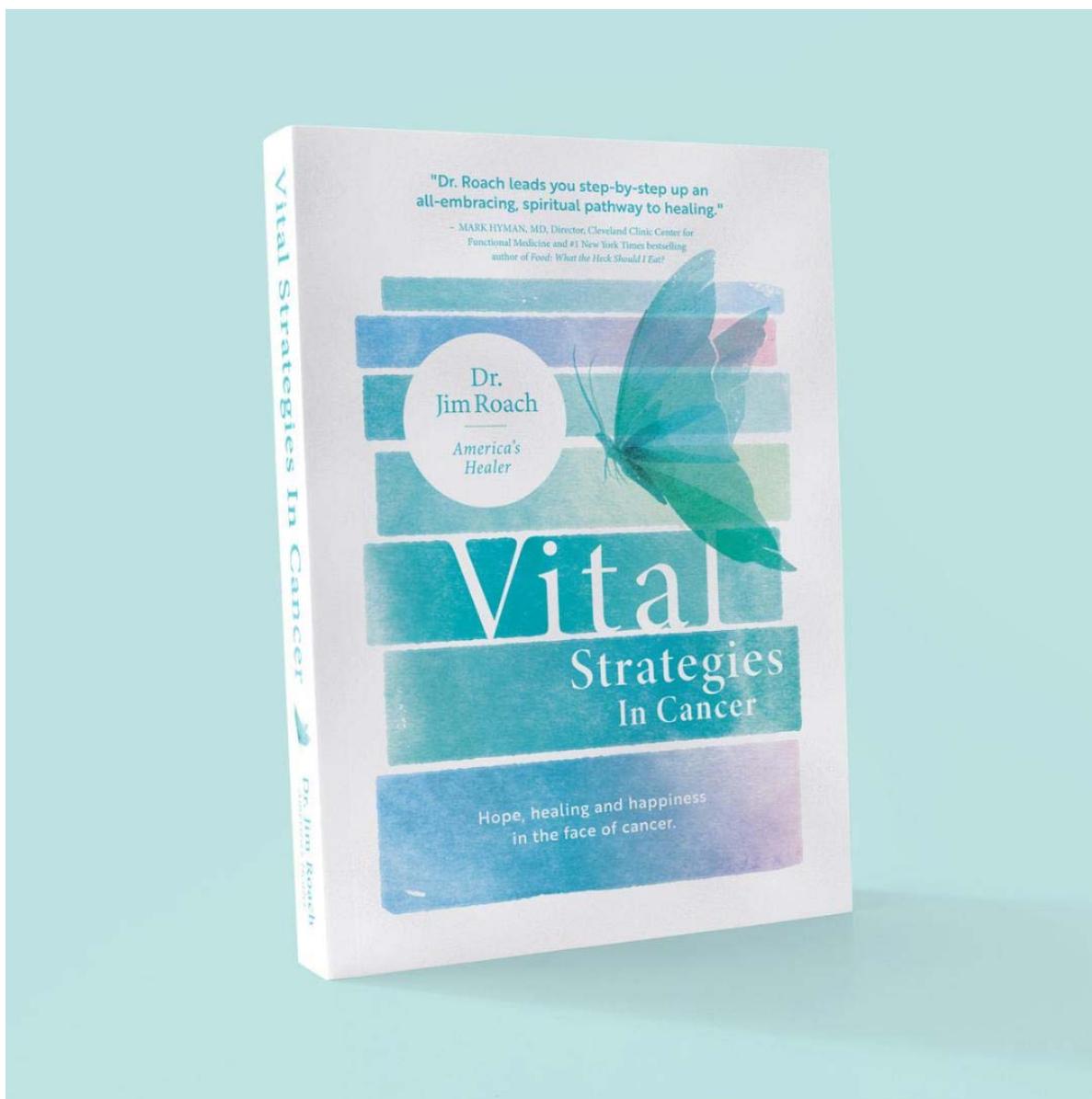
BUY IT TODAY! - Wednesday, April 6th on Amazon!

"Dr. Roach leads you step-by-step up **an all-embracing, spiritual pathway to healing**. From start to finish he guides you through this important book on your journey to an enlightened understanding of cancer." **The #1 physician in America: Mark Hyman, MD**, Director, Cleveland Clinic Center for Functional Medicine and multi #1 New York Times bestselling author, *Food: What the Heck Should I Eat?*

"...an invaluable contribution... insightful words of wisdom, clinical pearls... and sound guidelines - from beyond surviving to thriving, in spite of cancer..."
Donnie Yance AHG America's #1 botanical medicine expert

"...the most important, practical, and comprehensive (indeed, encyclopedic) book to appear in the integrative cancer area that I have ever seen...incredibly helpful and useful...the best map for undertaking that journey that I have ever seen. Dwight L McKee MD, CNS, ABIHM – #1 integrative oncologist for 4 decades.

See multiple #1 NY Times author Jack Canfield's interview of America's Healer about *Vital Strategies in Cancer* at www.vitalstrategiesincancer.com, www.drroach.net or the YouTube link <https://youtu.be/Hrj8quzV7dM>

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For Tallahassee Residency Alumni

A 'Shout Out' to all of the fellow graduates of the Tallahassee Memorial Regional Medicine program. My three years in Tallahassee were so very special. I felt like I received outstanding training for my future medical career. All the best!

News Tips

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- **Since implementation of laws and policies to enhance physician financial disclosures of industry relationships in 2008**, an 8-year cross-sectional study (through 2015) did not identify a reduction in physician-industry ties as intended. Instead **over this period, an increasing number of physician-industry relationships were reported.** *JAMA Ophthalmol.* Published online February 28, 2019. doi:10.1001/jamaophthalmol.2019.0085
- A **C-reactive protein** in highest quartile at midlife linked to 11.6% greater **cognitive decline** compared to the lowest quartile. 2-2019 Neurology
- **Vitamin A** supplementation in third world countries from 6 months to 5 years of age reduced **mortality** 24%, reduced **diarrhea mortality** 28% and **measles mortality** 50%
- In a **breast cancer** research review, even in those on Tamoxifen, **black cohosh** increased recurrence-free survival rates. Antiproliferative and anti-invasive benefits have been demonstrated. (*Climacteric.* 2019 Jan 10:1-9. doi: 10.1080/13697137.2018.1551346).
- **Vitamin C** at 500mg twice a day in **type 2 diabetes** reduced the blood glucose after meals 36%. 2-2019 journal [Diabetes, Obesity and Metabolism](#)
- In high exposure groups, **RoundUp** increased **non-Hodgkin's lymphoma** 41%.
- In 241 younger siblings of children with autism, the **prevalence of autism spectrum disorder was 14.1% in children whose mothers took prenatal vitamins in the first month of pregnancy compared with 32.7% in children whose mothers did not take prenatal vitamins.** *JAMA Psychiatry.* Published online February 27, 2019. doi:10.1001/jamapsychiatry.2018.3901
- **Erectile function** improved 88%, and 80% responded to **hyperbaric oxygen** therapy. *Int J Impot Res.* 2018 Nov;30(6):292-299. doi: 10.1038/s41443-018-0023-9

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- Non-pasteurized and non-carbon filtered **aloe vera leaf juice** 50ml daily in **subclinical hypothyroidism** of TSH above 4 (untreated with levothyroxine) and **Hashimoto's thyroiditis** (thyroid peroxidase antibodies >400) over 9 months had **TSH normalize** with a **63% drop in antibodies**. *J Clin Transl Endocrinol. 2018 Mar; 11: 18–25. Published online 2018 Feb 14. doi: 10.1016/j.jcte.2018.01.003*
- 400mg (with 5% active ingredients) at the time of migraine treatment (intravenous non-steroidal drug) improved migraine relief at one hour and beyond. *Cephalalgia. 2018 Jan 1:333102418776016. doi: 10.1177/0333102418776016.*



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