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INTEGRATIVE HEALTH

November 28, 2018

### ***The most important cancer book yet written – Vital Strategies in Cancer***

At 400+ pages, it is comprehensive and practical. **Why is it so vital?** It identifies

- The most dramatic factor in cancer metastasis and how to neutralize it
- The critical #1 non-cancer threat to cancer patients – and how to neutralize it
  
- What is essential to know before biopsy and surgery
- Why the type of anesthesia chosen has a powerful impact on prognosis
- What free strategy is more important than chemotherapy
- How chemotherapy can be powerfully augmented
- What prescriptions can cause, and perpetuate, cancer
- Why and how to choose your chemotherapy
- What are powerful factors in stimulating and neutralizing cancer stem cells
- What tests are crucial to monitor in cancer patients
- Are you genetically a set-up to get cancer? How to identify and address this
- And ***much, much more!***
- ***The final version to be released this winter***

“Jim Roach, MD is a doctor’s doctor: a brilliant clinician and teacher. Those of us in the Integrative Medicine arena have looked to him for his sage guidance on a range of topics for decades. Now he has created a resource for the layperson. I highly recommend this book to both keep you well and heal effectively.”

*Scott Shannon, MD, leader in the Academy for Integrative Health and Medicine,*

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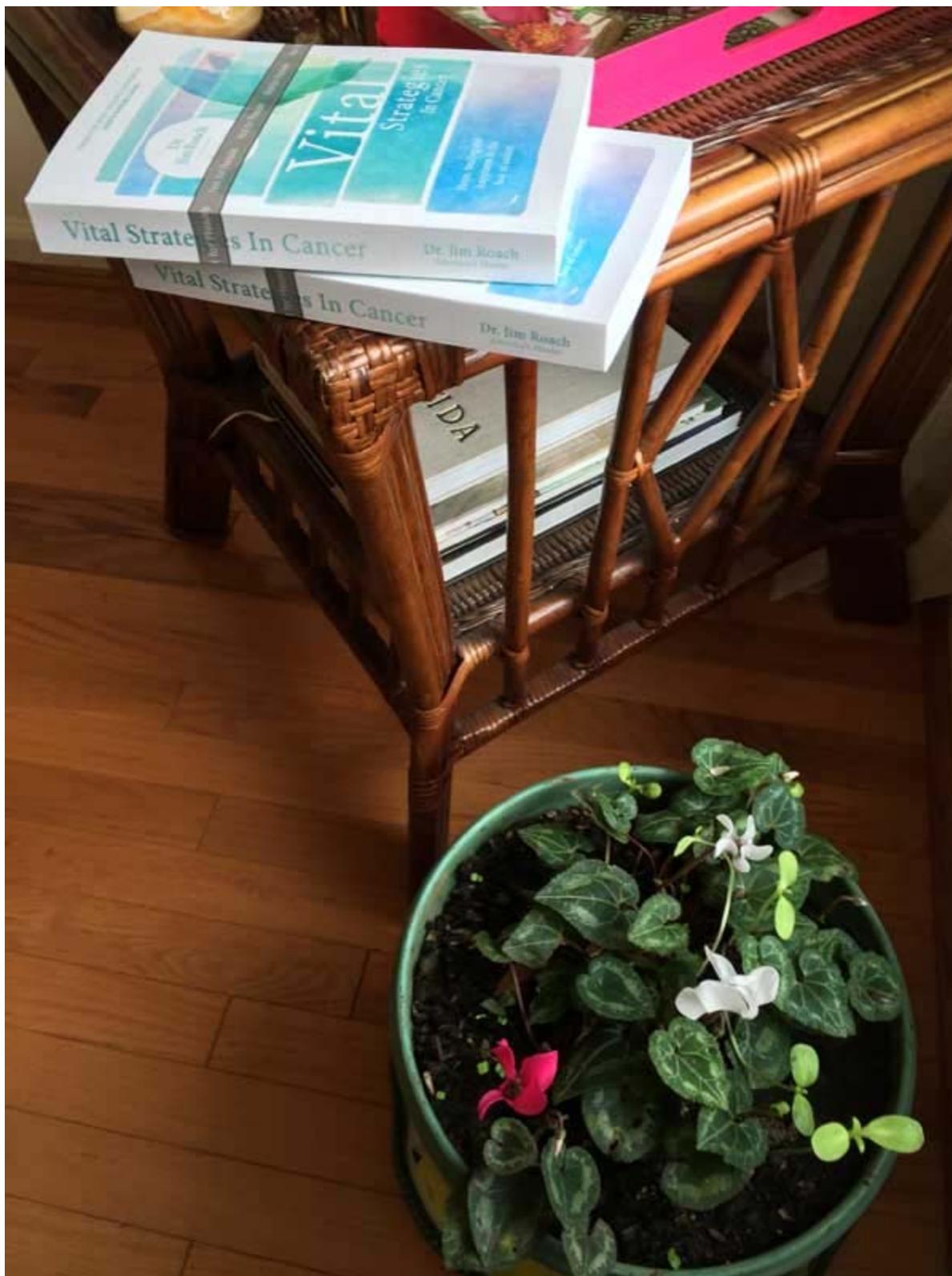
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*Integrative Psychiatrist and author of [Mental Health for the Whole Child](#).*

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Jarvis was a smoker, father of two and had an opioid addiction; he was making good progress in eliminating his medication. Jarvis' mother had been alcoholic. But then in a near-death experience she had been given a tour of hell and visualized how her son and one of his children would die. She stopped drinking and set up a trust fund for her son who is now using it to straighten up his life. Get ***God's House Calls*** through Amazon this Christmas for the treasured loved ones on your list – an entertaining, enlightening, transforming book!

### News tips and insights

- **We had the 9<sup>th</sup> new patient child with severe neurologic damage from the MMR vaccine.** Mom has video of the child acting normally and speaking up to that point. The night of the vaccine the child had a shrill scream and within a few days he was doing pointless things. Now he is an adult child with severe autism.
- The **popular ACE inhibitor blood pressure drugs** (e.g. lisinopril) are associated a **14% increase in lung cancer after 5 years, 31% higher after 10 years.** *British Medical Journal Oct. 24, 2018*
- For 38,000 patients **aged 18 to 74 years who had mild hypertension (untreated blood pressure of 140/90-159/99 mm Hg)** and no previous treatment, excluding those with a history of cardiovascular disease (CVD) or CVD risk factors. During a median follow-up period of 5.8 years, **no evidence of an association was found between antihypertensive treatment and mortality** (2% higher) or between antihypertensive treatment and CVD (9% higher). Treatment was associated with a **69% increased risk of hypotension**, 28% higher risk of **fainting**, 72% increase in **electrolyte abnormalities**, and 37% more **acute kidney injury**. “This prespecified analysis found **no evidence to support guideline recommendations that encourage initiation of treatment in patients with low-risk mild hypertension**”. (That said, **it is important and wise to reach 120/80 with natural support**. Avoid salt, coffee, soft drinks, stay physically active and start

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important quality blood-pressure supporting supplements.-JR) JAMA Int Med  
Pub online 10-29-18

- Private equity firms are buying medical practices – especially dermatology offices, but also orthopedic, ophthalmic, cardiology, urgent care, radiology and anesthesiology. Journal of the American Academy of Dermatology (AAD) on Oct. 5, 2018. It was pulled off the AAD website days later after the President of the Academy, who works at a private equity dermatology office, called to complain. **The study was written according to the author because several of his trainees went to work for private equity-backed practices and told him of clinical environments that emphasized profits at the expense of patient care.** NY Times 10-27-2018
- In a study of 96,000, **anticholinergic drugs during pregnancy dramatically increased risk of autism 12-fold.** *JAMA Psychiatry*. Published online October 31, 2018. Drugs with anticholinergic activity include antihistamines, antidepressants including SSRIs, muscle relaxants, antispasmodics, motion sickness medicine, urinary incontinence, acid suppressants e.g. ranitidine, Prevacid, many nausea drugs like Phenergan, antipsychotics, some antibiotic including Amoxicillin, Keflex, Levaquin, opioids, Valium, diuretics e.g. furosemide, metformin, dilantin, sleeping medicine, Topomax (migraines), Coumadin, and Prednisone.
- **FDA missteps**
  - FDA approves pain medicine 1000x stronger than morphine, 5-10x stronger than Fentanyl after rigging the attending members according to Public Citizen – essentially guaranteed to be a severe abuse risk.
  - FDA takes valuable compounded ‘TM’ cancer product off the market
    - TM had put 14 stage 4 cancer patients of one of my mentors in permanent remission and helped many others
  - FDA reduces available strength, increasing cost, of methyl B12
- In a November New England Journal of Medicine study designed to fail due to use of low doses, patients given 1gm of fish oil (=300 EPA + DHA) + vitamin D

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2000IU “disappointed” on reducing heart attack or cancer. In secondary endpoints **fish oil reduced heart attack 28%, sudden death 50% and African-Americans heart attack risk 77%.** There were no side effects.

- Lovaza, an altered Rx fish oil product, after five years **reduced heart attacks 28%**, and 8% less likely to have a variety of cardiovascular events. Research shows beneficial **mechanisms include lower triglycerides, blood pressure, and inflammation, less clotting, fewer arrhythmias, slower heart rate, artery dilation and diminished growth of atherosclerotic plaques.** NEJM 11-10-2018 (Avoid using altered substances like this one – with practitioner approval instead use high quality natural products including 1800mg total EPA + DHA – JR)
- Minimally invasive surgery for **cervical cancer** has much worse outcomes, and that may well be true for all minimally invasive cancer surgeries. NEJM 10-2018
- ***“The Cancer Immunotherapy Revolution” A Patient’s Guide to Cancer Immunotherapy*** by Jason R. Williams, MD is on the cutting edge of cancer immunotherapy treatment

The 6<sup>th</sup> Extraordinary Practice Conferences drew health practitioners from Oregon, California, Wisconsin, Illinois, Massachusetts, Maryland, Georgia and across Kentucky for a 3-day in depth review of integrative approaches for most every disorder you can think of, and especially cancer. Come join us next year!

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Jim, Sara, Erica, the two Janets at Heirloom 2018 Extraordinary Practice Conference!

“Let us not seek to fix the blame for the past – let us accept our own responsibility for the future.” John F. Kennedy, 35<sup>th</sup> US president



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