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INTEGRATIVE HEALTH

October 26, 2018

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My 58th patient with a spiritual near-death experience was in an abusive marriage but felt obligated to make it work and was under an immense amount of stress. 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 look pale in comparison. When it was over, she no longer feared death and felt completely comfortable that leaving the marriage was the right thing to do.

Integrative Insights

- A report found **no evidence that lowering LDL cholesterol is linked to heart disease.** ‘**We suggest clinicians should abandon the use of statins** and PCSK-9 inhibitors,’ the medics, which included doctors from the United Kingdom, wrote in the study. National Health Service cardiologist Dr Aseem Malhotra was not involved in the report but looked at it after it was published. **“Having reviewed the totality of the evidence, in my view the only people that should be offered statins are those with established heart disease risk. ‘For everyone else, the tens of millions taking the drug worldwide who don’t fall into these categories, they should know statins won’t help them live one day longer.”** Expert Review of Clinical Pharmacology Sept 2018 reported in Mail Online
- **Eating organic reduced cancer risk 25%** Q1 vs. Q4. JAMA Int Med 10-22-2018
- **Aspirin** in 3 October New England Journal of Medicine studies **showed no benefit but instead increased hemorrhage and cancer.** Aspirin in another NEJM study in DM reduced vascular events but increased bleeding
- Many studies suggest that the drugs **Propranolol, Celebrex, statin**

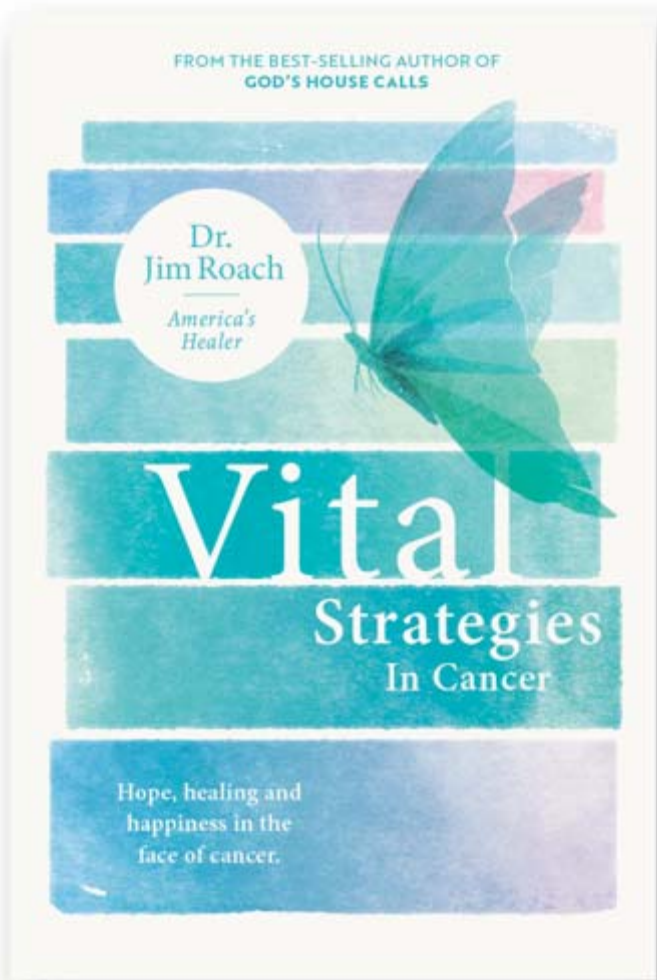
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cholesterol medicine and omega-3 fats (fish oil) can individually and especially in combination of 2 (and perhaps more) appear to substantially reduce risk of metastasis produced by surgery.

(Propranolol cannot be used in asthmatics. A quality red yeast extract would be preferable to statins in my opinion-JR). My book will get into details about this. Blood transfusions also increase risk.

- **The end of lumpectomy + radiation, and Tamoxifen, in premenopausal women with hormone receptor positive breast cancer? The treatment of choice now appears to be Rx aromatase inhibitor + ovarian suppressor Lupron.** Treatment with Rx aromatase inhibitor exemestane plus ovarian function suppression reduced the risk of any invasive cancer by 28 percent, and reduced the risk of invasive breast cancer recurrence by 34 percent, compared to treatment with tamoxifen plus ovarian function suppression. At five years from study entry, 92.8 percent of women remained free from breast cancer after treatment with exemestane plus ovarian function suppression; 88.8 percent were breast cancer-free after receiving tamoxifen plus ovarian function suppression.

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