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INTEGRATIVE HEALTH

Newsletter | September 16, 2018

SEPTEMBER 16, 2018 NEWSLETTER

Register for the conference at www.drroach.net. Those requesting scholarships e-mail supplements@themidwaycenter.com.

[Extraordinary Practices Conference Flyer](#) (download here)

THIS THURSDAY at 9pm EDT, 6pm PDT **National Webinar on Breast Cancer by Dr. Roach**

Including ***information from 100 new studies*** that he has yet to presented! This presentation is focused on educating healthcare providers on integrative approaches. Go to www.Spectracell.com. Click on 'Clinicians' in the royal blue bar. Click on 'Webinars' under the Quick Links. Then click on 'Webinar Registration' to sign up.

RECENT SPIRITUAL STORY

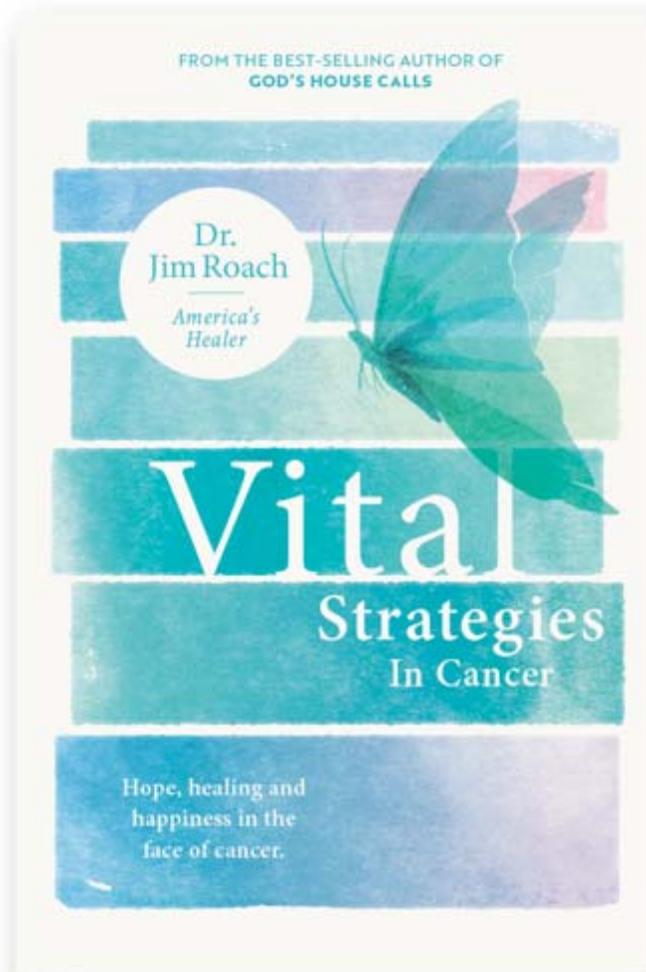
Sheldon, a young man with Asperger's, had become very depressed. Two different times he attempted suicide. On the second attempt Sheldon found himself rising in a tunnel. Harry, a predeceased friend of Sheldon's father, stopped him there – "Go back! As this is your second attempt, you will not be able to go back if there is a third attempt!" Two years earlier Harry had committed suicide.

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THE 'EXTRAORDINARY PRACTICE CONFERENCES'
are **SOON** – Nov. 15-17

This is the most comprehensive and practical conference on integrative health anywhere in the country! With 1100 personalized handouts on almost every health topic, including many botanicals and nutrients. Full-paying attendees of the integrative cancer conference will get a **SPECIAL COPY** of Dr. Roach's upcoming new book ***VITAL STRATEGIES IN CANCER*** – this is ***the preliminary paperback version*** of the final product to be released during the winter.

How special is this conference? *One healthcare practitioner from Wisconsin will be attending **for the fourth time!** He is using his knowledge to ***successfully treat cancer patients with cutting-edge approaches.****

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THE NEWS...

- **Vitamin D** is linked to a **dramatic reduction in breast cancer**. Research in the online journal PLOS found that in women over 54 years old, **when vitamin D reached a high blood level of 60, the incidence of breast cancer dropped 82%!** This study, which mirrors previous research findings, should have been front page news.
- – a recent editorial in the New York Times by a man addicted to marijuana noted that **9% of those who use it become addicted, and 17% of teenagers**. Most patients who use **CBD oil** are seeing benefit from anxiety to, when applied topically, peripheral neuropathy (painful damage

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to nerves typically in the extremities); one adolescent patient however developed schizophrenia after CBD use (it may have been adulterated).

- **Consensual hugging on days of conflict**: "Our results are consistent with the conclusion that both men and women may benefit equally from being hugged on days when conflict occurs," the study reads. PLOS Oct. 3, 2018
- NMDA, a cancer-causing agent found in the **blood pressure drug valsartan**, led to many manufactured versions being removed from the market, however the **FDA is investigating if NMDA is in other products in that class – all drugs whose generic names end in ‘sartan’**.
- **Diabetics on intense blood pressure control** achieved average systolic of 120.8 had a doubling of their creatinine level indicating **a major worsening of kidney function**. ACCORD-BP trial. HTN 2018 mtg.
- **Middle age women with low fasting insulin** compared to medium insulin have **increased risk of dementia**. Neurology 2018 – (this correlates with low levels of hormones-JR)
- **Cryoablation (freezing) of breast tumors** is now available at the Knoxville Comprehensive Breast Center. This method **should substantially improve outcomes, reducing risk of metastasis and improve the cosmetic result**; Dr. Koslowski also is the first to offer non-compressed 3-D CT breast scans.
- **A polio-like syndrome, primarily in children**, is reported in 87 cases in 26 states this year. **Acute Flacid Myelitis** appears to be caused by a virus but a particular strain has yet to be identified. (There are many potential strategies that could help these kids including natural anti-virals, mitochondrial support, nerve-supporting nutrients, and immune strengthening through key testosterone-supporting nutrients including vitamin D and zinc-JR)

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- **I will be using Lovenox more aggressively in my cancer patients** as I am seeing good responses with use of this daily injectable blood thinner. Part of the difficulty with cancer management is getting nutrients and chemotherapy inside of the tumor due to the cancer's compressed nature. This is further complicated by cancer patients thick blood, which also puts them at a much greater risk of heart attack, stroke, and dangerous blood clots to the lungs.
- **Blood-based mutations were isolated from circulating tumor cells** in 13% of non-small cell lung cancer patients. **Checking for mutations from blood compared to tissue increased actionable gene mutations by 75%; 86% who received targeted therapy based on blood results benefited from treatment** (a much higher rate than normally seen in chemotherapy). *JAMA Oncol.* Published online October 11, 2018 (identifying and treating cancer gene mutations from circulating tumor cells appears more promising than treating primary cancer gene mutations in metastatic disease – JR)
- **Benign positional vertigo** (vertigo when turning your head in bed) may actually be due to oxalate crystallizations. We can explore assessing and treating high **oxalates** – also the cause of most kidney stones.

Virginia Mims LAc is now offering acupuncture at our office on Fridays. Call our office to schedule a free consultation.

Amy Coleman MD, a functional medicine and spiritual practitioner, is seeing patients Mondays and Wednesdays. Call to schedule an appointment while there is good availability!

Supplements are now available through our **new online store!**

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The Midway Center
info@themidwaycenter
859-846-4445
129 South Winter St.
Midway, KY



Jim Roach MD at 2007 Mederi Clinical Cancer Training - Ashland, OR

2018 Conference Pearls

*How much will Dr. Roach's **2018 EXTRAORDINARY PRACTICE & VITAL STRATEGIES IN CANCER CONFERENCES** teach you?*

"I'm delighted with all of the information I have gotten here.... The information has been detailed**more information than I ever got at courses at Functional Medicine or ABIHM**.... including **supplement and herbal protocols in more detail than I have ever seen"**. Serena Satcher, MD

"This is absolutely an incredible experience, a wealth of information;

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though I've been doing functional medicine a number of years, on every page I learn something new" Charles Jewett DC

"This is my 2nd year attending this wonderful conference. **The information is truly amazing** and **represents a paradigm shift in the approach to health and illness. Dr. Roach's knowledge is staggering** and state-of-the-art. Practitioners, students, researchers... will all benefit..." L.B. PhD

A new **Vital Strategies in Cancer** conference oncologist: "...**I have never been to (a conference) where so much well-researched and pertinent information was shared.** Dr. Roach has spent years compiling a vast array of knowledge... **I learned valuable clinical strategies and pearls, which I will be able to apply** with my patients **immediately. I encourage any healthcare provider who is interested in being on the forefront of integrative approaches to attend.**" Jonathan Stegall M.D.

A physician he consulted said "**I learned more pearls in those 30 minutes than I have in most of the IFM lectures.**" Heidi Wittels MD

Eva Herr, 11 year host of the Eva Herr Show targeting integrative health and spirituality exclaimed that **Dr. Roach gave more preventive and treatment information in that one hour that all of her previous guests!**

"Through his down-to-earth approach Dr. Roach delivers **a huge trove of practical and invaluable clinical information.** What doesn't fit into the lectures is contained in **nearly 1000 pages of handouts covering the whole range of integrative and functional medicine.** From vitamins, minerals and botanicals to GI, CV, women's and men's health to genetics, neurotransmitter, cancer, and autoimmune strategies. I **continue to discover new clinical pearls on a daily basis** as I unpack the information... invaluable for me as I transition from conventional family medicine to integrative health care. Woven into this information are wonderful examples of spiritual significance, allowing us to **see how difficult medical conditions become opportunities for healing and transformation, for both our patients and ourselves.** Thank

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you, Dr. Roach! *Terry Van Oort, MD, ABFM, ABIHM*

**[JOIN US Thursday to Saturday NOV. 15-17, 2018!](#) Visit www.drroach.net
[NOW!](#)**

- Learn to **[interpret & treat genetic mutations](#)** including **[GeneticGenie.org, Livewello.com](#)** – **[will cover 50-100 mutations including key PEMT, DAO, CBS, PON1, NAT1, COMT, MAO-A, CYP1B1](#)**
- What inexpensive salve can clinically reverse non-melanoma **[skin cancer](#)**?
- What are three safe strategies that always help **[autoimmune disorders](#)**?
- How **[Herpes II](#)** symptoms can naturally resolve within 24 hours without Rx?
- How to clinically stabilize or reverse **[cataracts](#)**
- How clinically to reverse & control intermittent **[atrial fibrillation](#)** in women
- What natural combination is very effective for **[chronic bronchitis](#)**?
- How we have had great success stabilizing or improving **[kidney dysfunction](#)**
- How to double longevity & quality of life in **[cancer](#)** including **[protocols](#)**
- How **[chemotherapy](#)** outcomes can be doubled and side effects halved
- What \$3 treatment had my **[Parkinson](#)** patient jogging down my hall?
- What is the best natural way to clinically improve **[thrombocytopenia](#)**?
- What is a healthy substitute for **[monteleukast for allergies/asthma](#)**?
- Name 3 common **[brain disorders](#)** that are associated with chronic Lyme
- How colds and **[flu](#)** can be clinically cured if treatment started within minutes
- A **[sacred herb](#)** for allergies, joints, cancer, relaxation, brain growth, & colitis
- Name 10 natural ways to block **[aromatase](#)** (testosterone to estrogen)
- An herb for **[mental chatter](#)**, brain enhancement, scar tissue, and longevity
- A traditional herb for **[longevity](#)**, thyroid, cartilage, sexuality, & relaxation
- The most effective nutrient for blocking **[testosterone](#)** conversion to

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estrogen

- What clinical intervention quickly boosts **vitality** in most chronic Lyme?
- What **reversed carotid atherosclerosis 30%** & improved coronary flow?
- What drink makes your voice more bass in 20 minutes & supports **sexuality**?
- What are the nation's top botanical expert's **top 3 cancer formulas**?
- What strategy appears to completely prevent Alzheimer's in APOE4 carriers?
- **Eight blood tests** that should be monitored monthly in every **cancer** patient
- What **mineral** is essential to supplement with in every cancer?
- What safe protocol clinically resolves **cervical dysplasia** nearly every time?
- What gives 24-hour protection against **adrenalin** surges & grows the **brain**?
- The most sensitive screening test for **Lyme** that is covered by insurance
- Learn low-dose immunotherapy for **Lyme** – a new quite effective strategy
- Why is **copper** such an unappreciated villain that should be checked in all?
- How continuous life-long **depression** was reversed in a 35 year old
- What common mutation can make you **sick with B vitamins**?
- What common mutation makes you **anxious, estrogenic, smart, and sick**?
- Which healthy foods must be avoided during **colds** and flu?
- Name 10 natural ways to block **5 alpha reductase** (testosterone to DHT)?
- What mineral reliably reduces men's **nighttime bathroom trips**?
- What mineral is essential for **acne**?
- What vitamin clinically clears **brain fog** in women within days (or hours)?
- What vitamin partially reversed dementia in a severe **Alzheimer's** patient
- Treatment of what 2 primary factors cured a severe **Tourette's** case?
- How to never miss a clinical diagnosis of **chronic Lyme** disease again?
- Which vitamin is essential to supplement in every **cancer**?
- What bacteria, in 20% of the **autistic**, causes out of control dopamine

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surge?

- What mental disorder does a **yeast** metabolite cause silliness & drunkenness?
- Which herb reversed clinical depression & helped **cirrhosis** in an alcoholic
- Learn how to use **25+ botanicals/botanical combinations**
- Learn how to use **20+ amino acids/combinations**
- Learn how to use **5 different types of magnesium**
- Will address **organic acid testing**, urine for essential elements/heavy metals



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