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INTEGRATIVE HEALTH

Newsletter | August 28, 2018

*We will communicating regularly by e-mail newsletter and will be discontinuing Facebook posts – this newsletter is especially packed with new information so enjoy!*

**- James P. Roach, MD, ABIHM, ABFM**



Danielle had gone 14 years without conceiving without use of birth control. The night after Christmas she had a dream where an angel told her she was going to have a child. The next day she did a urine pregnancy test. She went to tell her husband and said, “You are never going to believe this!” He responded, “You are not going to have a baby are you?” Surprised, she said “How did you guess that?” He said “I had a dream last night and an angel told me.”

A cognitively challenged 18 year old girl with her doll told me, with her mother deciphering her slurred speech, that she has two dead people play with her regularly; they had died in the 9/11 attack.

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Double-board in integrative medicine, Dr. Roach is one of the world's leading integrative medicine experts, #1 Amazon best-selling author in holistic medicine, national speaker, national consultant, international medical educator, national media communicator, researcher, and widely sought clinician with patients from across the country. He has been interviewed on radio/TV over 100 times across the country, and internationally.

*"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 over 1,000 pages of handouts covering the whole range of integrative*

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*and functional medicine.” –Terry Van Oort, MD, ABFM, ABIHM*

***Dr. Roach’s knowledge is staggering*** and state-of-the-art. Practitioners, students, researchers...will all benefit.” –L.B., PhD

Multiple NY Times #1 bestseller Jack Canfield, author of *Chicken Soup for the Soul*, said to Dr. Roach “You have this amazing amount of knowledge... **you are one of the most encyclopedic minds I have ever met.**”



Left to Right: Steve Harrison, Jim, Jack Canfield, Patty Aubrey

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**AMY COLEMAN MD will be helping us out!**

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The youngest and first female Commander of the U.S. Air Force Special Operations Clinic, guiding global medical missions. Sought out for her “mind, body and spirit” approach to patient care she was selected as the primary physician for Four-Star Generals, U.S. Embassies, Special Forces Teams, and worked for NASA Space Shuttle support missions. She served in Iraq during Operation Iraqi Freedom. She trained as a Family Medicine physician at the University of Kentucky and is certified in Japanese Acupuncture from Harvard. She will be working with us on Mondays and Wednesdays – call for an appointment! She is also an author!



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### ***The News!***

- In a study of **HPV vaccine**, about 60% who did not receive the vaccine were pregnant at least once, compared to 35% exposed to the vaccine. For married women, 75% not receiving the vaccine conceived, while only 50% who getting the vaccine became pregnant. If applied to the US population as a whole **it would translate into two million fewer women conceiving.** *A lowered probability of pregnancy in females in the USA aged 25–29 who received a human papillomavirus vaccine injection J of Toxicology and Environmental Health June 11, 2018*
- The CDC found the percent of **teens getting at least one dose of HPV vaccine increased to 65.5% in 2017.** *Morbidity and Mortality Weekly Report 8-2018*
- A prominent Kentuckian died after developing **pulmonary fibrosis** that

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developed rapidly from treatment with amiodarone

- **Love your Fit Bit and Apple Watch?** You had to figure that those electromagnetic fields were going to cause harm. They do in fact appear to promote muscle failing, especially the biceps, and muscle tears
- **Why would treating cancer as an allergy improve the outcome?** Mast cells, histamine and allergens trigger inflammation, inflammation promotes angiogenesis (growth of new blood vessels) in tumors. [J Immunol Res. 2018 Feb 5;2018:2584243. doi: 10.1155/2018/2584243. eCollection 2018.](#)
- Those with and without diabetes taking **beta blocker blood pressure drugs had all-cause death event rates** of 40.6 and 13.8 per 1000 person-years, compared with 17.1 and 5.9 in those not taking such drugs. *Mayo Clinic Proceeding 4-2018*
- **What botanical should we all consider taking before bed?** Marshmallow root
- **What unexpected nutrient may prevent Alzheimer's in addition to protecting your arteries?** Lysine, because it is anti-viral. Chronic viral infections like herpes type 2 and Epstein Barr virus increase Alzheimer's risk.
- In what newly identified circumstance was a **baby aspirin linked to a 34% increase risk in heart attack**, 25% increase in hospital readmission? Low-dose aspirin in heart failure tied to 25% higher risk of readmission for heart failure and to a 34% higher risk of heart attack JACC: Heart Failure 2-6-2018
- **It is unusual for our patients to have urinary infections – why?** Supplements like vitamin D and turmeric that we routinely recommend strengthen the immune system substantially and have antimicrobial effects
- **Should you believe a new incredible meta-analysis that showed using statins to drop LDL cholesterol from 66 to 27 reduced cardiovascular**

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**events 22%?** Meta-analyses give an opportunity for the authors to cherry-pick the studies that make the point they want to make. In this case, the authors of the meta-analysis authors had 59 drug company connections. I continue to be amazed by statin side effects. Virtually every patient who has been on statins for years has peripheral neuropathy when I do their exam. **Meta-analyses when used by Big Pharma authors can likewise cherry pick** the worst supplement studies; a recent one analyzing fish oil included studies with only a very small amount of fish oil, too little to have an impact.

- **What you may not know about statin cholesterol medicine:** causes artery calcification, obesity, high homocysteine (a major risk factor), hypothyroidism (reduced conversion of T4 to the active T3), erectile dysfunction, depression, cataracts, paranoia, hostility, an ALS-like syndrome, and reduced flu vaccine effectiveness by half
- **If you look at the moon at night, what should you be wearing?** Blue light-blocking glasses, available for as little as \$10; these keep the moon from blocking melatonin production.
- **What pregnancy intervention boosted the child's IQ by 2 points?** A Chinese study found that a multivitamin had this effect. *JAMA Pediatrics July 2018 Micronutrients and Pregnancy*
- **What strategies should you be using when on antibiotic to prevent new food sensitivities?** Limit consumption of your favorite foods so that you won't develop a hypersensitivity to them. Taking acid support like ginger, and digestive enzymes while on antibiotic will break food protein down in to less allergenic components. Take *S. boulardii* probiotic and finish the evening with some Marshmallow root.
- **What extremely common heart failure drug causes a vitamin deficiency in 97% that makes the heart failure worse?** Furosemide (Lasix) caused thiamine deficiency in 97%. Thiamine deficiency promotes heart failure. So the more furosemide you take, the more you need(!)

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- Vitamin D 1200IU in infants was more effective than low dose for preventing influenza A
- **Vitamin D3 at 1360IU per 10lb** daily not to exceed 5000IU improved autism significantly and was well tolerated (Note: this is a LARGE dose but was safe over a 4 month period – don't use this much vitamin D without balancing with other fat-soluble vitamins and getting followup. *Saad K, et al. Randomized controlled trial of vitamin D supplementation in children with autism spectrum disorder. doi: 10.1111/jcpp.12652. Epub 2016 Nov 21*
- A large meta-analysis just reported in The Washington Post found that **alcohol at any dose is harmful**. Further a report in the British Medical Journal 7-19-2018 showed **cirrhosis-related deaths increased by 65% from 1999 to 2016** and deaths from liver cancer doubled; **people aged 25 to 34 had the highest increase** in cirrhosis deaths.
- A young man with **Crohn's disease and ulcerative colitis** came to our office this year. After optimizing nutrition, eliminating food sensitivities and starting vitamin D, marshmallow root, probiotic, zinc, a multivitamin and DHEA, his symptoms have resolved and he is off all prescriptions
- Are you **fatigued and cold but thyroid tests are optimal?** Consider mitochondrial failure. Vitamins B1, B2, B3 along with CoQ10 and other mitochondrial support may take care of the problem.

### **Vital Strategies in Cancer**

**The release is set for November 7<sup>th</sup>**

**\*\*\*GET READY!\*\*\***

