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INTEGRATIVE HEALTH

Newsletter | July 25, 2018

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- *Highlights from the International Functional Medicine Conference*
- *High Dose Vitamin D drastically reduces breast cancer risk*
- *NEW Pomegranate Handout outlines major health benefits*
- *Can Heart Attacks Become Rare?*
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- *A Look at Traditional Rx Strategies*
- *and MORE!*

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

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

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She had noticed two ‘negative energy’ men with black auras around them. In the following days, both of them died in separate accidents. She previously had seen individuals with black auras but didn’t know their meaning. Now when she sees a black aura around someone, she now knows that ‘The Grim Reaper’ is with them, they will be dead in days and will be headed to a bad place.

Jane owns a health food store in Cartersville GA. In her dreams she will sometime get the message she needs to get a certain supplement in stock. As soon as she does, inevitably someone shows up asking for that supplement. Sometimes when looking at lists of supplements, certain ones stand out in neon; she knows to order those, and most certainly someone arrives to get them.

Not sure if there is a God? Read [www.godshousecalls.com](http://www.godshousecalls.com) for hundreds of powerful stories from my patients like those above that, if you are open to the possibility, leave no doubt.

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## [Institute for Functional Medicine International Conference Highlights](#)

- 1 in 4 boys in the next generation will have autism spectrum (It is my

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belief and clinical experience that at least 90% of current autism is preventable).

- Antibiotics increase intestinal respiratory virus
  - Low stomach acid, including from acid blocking drugs, increases transmission of autoimmune-promoting mouth bacteria to the intestinal tract
  - Viruses are an important player in the intestines, and pass unchecked into the body
  - Butyrate is crucial for the intestine in autoimmune disease
  - Salt can drive autoimmune disease
  - Intestinal bacteria do more detoxification than the liver
  - Rheumatoid arthritis is especially associated with periodontitis, excess dietary protein
  - Milk protein and peanut butter cross-react with our nerve coverings, promoting disorders like multiple sclerosis
  - Vitamin K2 promotes brain stem cells
  - Coffee, alcohol, vaccines and socioeconomic status are associated with autoimmunity
  - Multiple miscarriages can be potential folate problems
  - Cerebral folate deficiency is a major cause of brain issues in children but also impacts adults; blood levels can be fine with hardly any in the spinal fluid. (We will be using a B complex containing folinic acid and 5MTHF).
  - Folate antibodies can be a major culprit for brain ills; dairy upregulates folate antibodies
  - Folate receptor antibody testing is available through ILIAD
  - Cosmetics can be an autoimmune trigger
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Reduce your breast cancer risk drastically with

## Vitamin D

[Vitamin D, at a high blood level \(>60ng/ml\), reduced breast cancer risk 82%!](#)

A blood level above 30 is conventionally considered normal, though 60-80 appears optimal. From over 2000 blood levels at our office, we have found 1000IU/30lb is at minimum needed to achieve these levels. Due to the incidence of obesity the supplemental dose ensuring that 97.5% achieved a serum 25(OH)D of at least 40 ng/ml was 9,600 IU/day (Anticancer Res 2011 Feb;31(2):607-11).

However those with sarcoidosis, acute leukemia, acute lymphoma and a few other infrequent scenarios should stick with 2000IU D3 daily; getting a vitamin D3 blood level at 3 months offers reassurance and confirmation. Benefit occurred in a graded fashion with ever higher blood levels between 30 to >60. PLOS ONE 6-15-2018

Vitamin D should be at the top of most people's supplement protocol. It has far reaching impact and can assist in preventing many issues

### Remember to add your Vitamin K!

Those who take Vitamin D 2,000IU should take vitamin K2 90mcg (MK-7), as vitamin D suppresses vitamin K levels. If on 10,000IU of vitamin D, take at least 5-10mg of vitamin K2.

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While Vitamin K has been shown to prevent bone loss, vitamin K2 has prevented fractures. Vitamin K2 has been shown to take calcium out of arteries and put it into bone. Subclinical vitamin K deficiency is associated with osteoporosis, aortic calcification, atherosclerosis, and hepatoma.

A note for those who take Warfarin (Coumadin) - always check with your medical provider before adding vitamin d and or vitamin k.



## 3 EASY WAYS TO REFILL YOUR SUPPLEMENTS

[Online](#) - Use password **ROACH18**

**In-Store** - M-F, 8:30am-4pm

**Over the Phone**

**Shipping is FREE for orders over \$150**

Under \$150, shipping is \$6.95

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**ORGANIC POMEGRANATE is now recommended for nearly all of our patients.**

To clue you in on why pomegranate is **so unique and important**,  
[click here](#) for Dr. Roach's updated handout.

## **Rx MEDICATION & MAINSTREAM MEDICINE**

**Use of five or more drugs is called Polypharmacy because it represents inappropriate medical management. Incidence of polypharmacy doubled to 15% by 2012.**

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### **37% of Americans take drugs than can cause depression**

**Suicides** increased in all but one state between 1999 and 2016. This confirms that SSRIs like Prozac, which 1/3rd of adult women take, are not working. In fact, they are likely increasing risk.

***The end of prostate biopsies!*** A MRI of the prostate and the Urine PC-3 are more accurate. Biopsies kill 1 in 1000 men by transporting colon bacteria, triggering fatal septicemia

**41% of patients with acute respiratory infections are prescribed antibiotics** JAMA Otolaryngology Head & Neck Surgery 6-2018. This is completely inappropriate and permanently harmful.

**Tonsillectomy and adenoidectomy** in childhood double the incidence of respiratory infections up to age 30. Also general infection increased 17% after adenoidectomy. There was no benefit from these procedures. JAMA Otolaryngology Head & Neck Surgery 6-2018

**Birth controls** increased asthma risk 77%. Amer Thoracic Society Mtg 6-2018

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### **OFFICE NEWS!**

Our office is now focusing almost purely on natural strategies. In line with that, this fall we will begin to offer **acupuncture** by the charismatic, Duke-trained, ***Dr. Virginia Mims, DACM, LAc, NCMP.***

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You may notice a new face at the office - please welcome **Ashley Meece, ARNP**. Ashley is a caring and spiritual nurse practitioner who has been helping us out through the summer.

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### **BOOK UPDATE!**

I've just finished my research for **VITAL STRATEGIES IN CANCER**, including information from over 1000 studies in recent weeks, and will immediately begin the final writing of the book. It is intended to be the most important work on cancer for 2018 and beyond with profound, essential information and over 700 references.

After working integratively with cancer patients for a dozen years, outcomes we are seeing continue to amaze us, and are steadily improving with growing knowledge and experience. This is a special age in cancer – prospects have never been so good!

After finishing **VITAL STRATEGIES IN CANCER**, anticipated for release this fall, my plans are for a book, or books, on **FERTILITY, PREGNANCY and THE EARLY YEARS** beginning soon. Hundreds and hundreds of references, and exciting outcomes, are once again the basis for this important venture.

Learn about and pre-order the new book, *Vital Strategies in Cancer*

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Click [here](#) to watch Jack Canfield interview Dr. Roach about his new book, *Vital Strategies in Cancer*.

[Pre-Order Book](#)

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## Health Recommendations & Nutritional Support

### VACCINES

An eighth child has presented to my office with severe neurologic vaccine injury, this one developing autism immediately after multiple vaccines at 15 months including MMR. The child had a lesser reaction to DPT at 4 months. Some vaccines are needed but they MUST BE GIVEN IN A MUCH MORE LIMITED, CAUTIOUS, EDUCATED WAY.

A father reported to me that his daughter developed a severe neuromuscular disability immediately following Garasil vaccine (for HPV virus). 55,000 have

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had adverse reactions to Gardasil. Japan banned Gardasil due to adverse effects.

## BREAST HEALTH

Exclusive breast ultrasound is now available in central Kentucky. In those with dense breasts, which are the high-risk group, ultrasounds are equally accurate as mammograms at 50%. I have not recommended mammograms for many years. A tiny 2mm breast cancer gets a blood supply; do cancer cells get into the blood stream when squeezed by mammography? A 3-D CT scan of the breast WITHOUT COMPRESSION is now available at the Comprehensive Breast Center in Knoxville.

## BRAIN

**Common unrecognized causes of dementia:** 1) Inappropriate standard in America of what is considered a normal B12 blood level 2) Inadequate vitamin D levels 3) Rx side effects

***Should we all be taking lysine to prevent Alzheimer's?*** Viruses including Herpes type 2 substantially increase Alzheimer's. We are also finding more patients with active Epstein-Barr virus infection. Lysine is anti-viral, and anti-Herpes. Though I don't have a chronic viral infection, I take 2000mg of lysine daily, partly to offset the high-arginine, pro-viral foods – nuts, coffee, chocolate, potatoes, citrus and apples.

## GENERAL RECOMMENDATIONS

***Avoid canola oil*** (which is heavily processed) – substitute quality olive oil e.g. from California. A study in mice demonstrated a nearly 20% weight gain over six months using canola oil, and impairments in working memory. A similar study with olive oil showed improved behavior, brain function, and reduction in brain plaque deposition.

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***Sunscreens?*** Use only purely organic sunscreens or stay well covered. Don't put anything on your skin you wouldn't put in your mouth. If on a solid nutrition and supplement program we recommend that our patients get a dark tan – but NO SUNBURN!

***Does your arm or leg tingle or fall asleep at night while in bed?*** This highly likely is due to poor circulation, perhaps triggered by consumption that day of sugar, processed food or grains. Support for circulation is indicated right away. When not contraindicated, fish oil, cayenne, garlic and daytime ginkgo may help in addition to dietary changes. Get a cardiovascular blood workup if this persists.

**SAMe** is a key nutrient that goes ten crucial directions in the body. The MTHFR mutation can have a major impact on SAMe production. At least half of us have a MTHFR mutation. ***Have you done your 23andme.com followed up by Livewello.com?*** Schedule an appointment to review results and learn important ways to protect and optimize your health

Males with 3 trips to the bathroom after going to bed were at a 43% higher risk of mortality. Am Urol Assn mtg 5-2018

## DIGESTION

Due to the profound role that stomach acid deficiency, food sensitivities and increased intestinal permeability play in health we now recommend that all of our patients be on a digestive protocol with meals, a quality probiotic, and to take Marshmallow root before bed (supports healing of the gastrointestinal tract).

***26% of us have antibodies to red meat (sensitivity to red meat).*** The quantity of artery plaque was 30% higher. Arteriosclerosis, Thrombosis and Vascular Biology 2018

## CANCER

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An elderly gentleman presented to our office this spring with non-small cell lung cancer and did not look well. I was concerned. His wife last year had a phenomenal response of her ovarian cancer using our integrative, and spiritual, approaches. But at a recent follow-up visit while on chemotherapy with our augmented protocol, he actually had gained 6 pounds on chemotherapy. His side effects were minimal. He looked great!



**Our upcoming Conference will be more fact-filled than ever!** Gain a tremendous amount of important knowledge at our whirlwind, spiritual event. Integrative health practitioners from all across America have visited our semi-resort town of Midway to engage in this very special event. No where else in the U.S. can conference attendees get such rewarding comprehensive information on assessment, nutritional, botanical, functional, genetic, anti-aging, integrative, holistic, and spiritual healthcare, along with vast information on comprehensive, safe, clinically tested, cutting-edge management in cancer offering practical solutions that can immediately produce quality outcomes.

[Register Here](#)

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