



The Blaylock Wellness Report

Living a Long Healthy Life

Edited by Russell L. Blaylock, M.D.

August 2004

Vol. 1, No. 3

Quick Facts

Dangers of statins

- Cholesterol misinformation
- Statin complications
 - Cancer
 - Immune suppression
- Epidemics possible
- Free radicals oxidize LDL
- Increased heart failure
- Why the statin obsession?
- Drug giants fund med schools
- Diet causes stroke
- The policosanol miracle
- No side effects
- Dangers of combining drugs
- Nutritional approach

Breast feeding is better

- Colostrum protection
- Antibodies lower risks
- Preventing damage to DNA

Avoid NutraSweet for kids

- Excitotoxins wreak havoc

Rooibos tea's power

- Antioxidant
- Two cups a day
- Protects cells

Good news for aging men

- Acetyl-L-carnitine

Don't fear the egg

- Lower breast cancer risk?
- Omega 3 fatty acids — DHA

Cholesterol Drugs Are Dangerous

In this month's Blaylock Wellness Report I touch on several hot topics and research news that can play a major role in your health.

There are over 4,600 journals reviewed every month by the National Library of Medicine and entered as abstracts on the Internet. Most medical centers subscribe to hundreds, if not thousands, of these journals.

Unfortunately, the vast majority of these articles — with the latest medical breakthroughs and research — are never seen, far less read, by your practicing physician!

There are two reasons for this. First, most doctors are either too busy practicing medicine or too involved in socializing during their time off to invest the effort necessary to review these articles.

Second, most doctors read only a few articles in their particular specialty journals and no others. For example, I recall one physician telling me that he reads only articles appearing in the New England Journal of Medicine.

It is for these reasons that you should be very cautious in trusting your doctor's wisdom outside his particular area of training, unless he or she invests the time to master the new topic.

(It does little good to ask your family doctor or pediatrician about vaccine dangers, for instance, since they will only repeat what they have been told by their specialty organizations, such as the American Academy of Family Practice and the American Academy of Pediatrics. They trust these organizations implicitly, despite the fact that serious conflicts of interest have arisen. In some cases the medical organizations have board members who own major stock in vaccine and pharmaceutical companies and even serve as paid scientific advisers for these companies.)

Yet these journals contain the latest research on numerous diseases and the effects and safety of thousands of alternative treatments. For instance, many in medicine eschew nutritional approaches to disease, but the evidence shows that nutritional approaches work.

The media have impressed upon the public that only certain peer-reviewed journals are trustworthy. While these journals do offer important information (for example, most of my research on useful plant



extracts for cancer prevention and treatment came from the leading peer-reviewed cancer journals so esteemed by the medical profession), they should not be the sole source of medical information. It is important to combine either analysis or scientific studies with clinical experience.

The big secret kept from the public is that the peer-review process is often conducted by big-named researchers who also have financial interests in pharmaceutical and vaccine companies.

Monsanto, a company that engineered the approval of aspartame by the FDA, is a major contributor to several nutritional journals. Not surprisingly, you rarely, if ever, see an article critical of aspartame appearing in one of these journals.

For this reason, it is important to always know who paid for the research and whether the principal author has a financial conflict of interest. Independent papers are always superior.

One of my great pleasures is perusing these journals in search of the latest findings on disease processes and new treatments. After digesting these studies, I pass along the information to you, the reader.

So, let us begin our review of the latest information in these journals that your physician may have missed.

Statins: Billions for Pharmaceuticals, Death and Disability for People

For the past several years there has been a propaganda blitz not seen since the government poisoned our drinking water with fluoride.

This latest blitz began with misinformation implying that dietary cholesterol is the cause of arteriosclerosis (hardening of the arteries) and that only drugs can prevent heart attacks and strokes by lowering this cholesterol.

The fact that 50 percent of all strokes and heart attacks have absolutely nothing to do with elevated cholesterol levels has been kept from the public eye and from physicians' medical education.

Based on the buzz, you could conclude that if you solve your cholesterol problem, you won't suffer

heart disease or a stroke. That is a big lie.

But if you visit your doctor and have even slightly elevated cholesterol, he is quick to fill out a prescription for a statin drug such as Lipitor™, Mevacor™, Pravachol™ and Zocor™.

If you watch one of those Lipitor commercials, you'll think that you'll be taking a walk down the red carpet at a Hollywood premiere or still be diving into pools at 70 if you take Lipitor, so even if you don't need a statin, you may beg your doctor to write that prescription.

What the public is not told is that the statin drugs are associated with major complications and side effects.

These include depletion of the body's essential energy molecule coenzyme Q10 (CoQ10), which can lead to congestive heart failure, extreme muscle weakness, neurological disorders and even death.

And all statin drugs have been associated with causing or promoting cancer in experimental animals. This is especially important since millions of Americans have been advised to take these drugs for the rest of their lives.

It will take 20 years before the connection between the statins and a dramatic rise in cancer deaths becomes widely acknowledged — too late for many people!

An especially frightening finding, recently reported in the journal *Nature Medicine*, found that statin drugs produced significant suppression of vital immune cells called helper T-cells. These cells play a major role in protecting us against cancer and fungal, bacterial and viral infections.

The immune suppression was so powerful that authors of the paper even suggested that statins might be used to prevent organ rejection in transplant patients. The drugs tested in this study included Lipitor, Mevacor and Pravachol.

Now, can you imagine the devastating effects of these highly immune-suppressing statin drugs on 67 million people? Where did I get that figure? That is the number of people needing lifelong statin drug treatment, as estimated by the medical elite.

Chronic immune suppression in these millions would mean that a tremendous number would be at

high risk of developing cancer, and those already having cancer would see tremendous growth and spread of their cancers.

And because immune-suppressed individuals are known to be highly resistant to antibiotic treatment, chronic immune suppression also would put these individuals at high risk of developing infections, and these infections would be extremely hard to cure.

Another effect of widespread immune suppression is that epidemics of disease would be more common and more difficult to control. Not only would vaccinations be less effective, but also the number of complications from immunization would be greatly increased.

Remember, it is people with immune compromise-associated conditions, such as diabetes and hereditary immune disorders and transplant patients, who are warned to strictly avoid receiving vaccines. Yet yearly flu vaccination is recommended for the millions of people taking the immune-suppressing statin drugs.

Recently, a new paper was released in the *Annals of Internal Medicine*, a prestigious journal read by 100,000 internists, suggesting that all 17 million diabetics, regardless of their cholesterol levels, should be on long-term statin drugs to lower heart attack and stroke risk.

In the first place, the reason diabetics have such a high incidence of arteriosclerosis is that the disease from its onset is associated with a dramatic increase in free radical production, which oxidizes the LDL cholesterol in their bodies.

The only reason statin drugs lower risk at all is because they have some antioxidant and anticoagulant properties. Still, safer and more powerful antioxidants are available as supplements and in healthy diets.

Second, all diabetics are immune suppressed as a result of their disease; chronic, recurrent infections are a major problem with diabetics. Adding statins will further lower their immunity, leading to serious disease.

In order to expand their sales, the pharmaceutical companies and their friends in medical academia are now calling for all post-menopausal women to take the drug as well as all obese people, those with high blood pressure and those who live sedentary lifestyles,

no matter what their cholesterol levels are.

Another major concern, one voiced by knowledgeable cardiologists, was the effect of long-term use of statin drugs on heart muscle function. The reason for their concern was the fact that the heart muscle is extremely dependent on the energy molecule coenzyme Q10 (CoQ10).

All of the statin drugs dramatically lower heart CoQ10 levels. Since the introduction of these drugs, there has been a dramatic increase (600 percent) in congestive heart failure — unexplained by any other factors. Many elderly, especially diabetics, are already low in CoQ10.

Finally, a study reported at a meeting of the American Heart Association found that people taking statin cholesterol-lowering drugs had increased difficulty performing everyday tasks such as driving a car.

These individuals were found to have attention problems and delayed reflexes, something you would not want to have driving or operating dangerous machinery. Researchers found that the lower the cholesterol, the worse the effects.

Other studies on people taking these drugs also have reported difficulty thinking and remembering. In fact, memory loss was sometimes so rapid and dramatic that Alzheimer's disease was often suspected in these individuals.

For years the recommended blood cholesterol was in the range of 200 to 210 mg/dl (milligrams/deciliter). **Recently, the medical community, in league with the pharmaceutical companies, has been pushing to lower the standard dramatically.**

Some of these "maniacs" are calling for blood cholesterol levels of 150, a level far too low. It is known that cholesterol is critical for normal brain function. The harmful effects on brain function are now appearing in a number of people taking these drugs.

So, why the obsession with cholesterol-lowering statin drugs? As with most things, just follow the money. Statins have become the cash cow of the pharmaceutical companies. Consider that they are expensive — and that you have to go on them for a lifetime!

BusinessWeek recently reported that statins are

now “the single biggest market in the \$492 billion global prescription drug business.” Lipitor alone brings in **\$10 billion** for Pfizer Pharmaceutical Company. The statin makers, pharmaceutical giants Merck, Bristol-Myers Squibb and Novartis, donate millions to major medical universities, hire big-named cardiologists for “consulting work” and fund statin-related research for these medical Meccas.

These monies are the milk of all medical universities. As a result, medical students, interns and residents in training are taught the propaganda endlessly. They are too sleep-deprived to know otherwise. I know — I was once a medical student, intern and resident, who put in 18 hours a day!

The Safe Alternative to Statin Drugs: Policosanol

It’s important to remember that dietary factors usually are associated with heart disease and stroke.

In fact, even the 50 percent of the strokes and heart attacks caused by elevated **oxidized cholesterol** is correctable by dietary changes and special nutritional supplements.

For example, the substance **policosanol, a waxy extract of sugar cane, has been shown to safely lower cholesterol just as well as the statin drugs, but without any toxicity** whatsoever.

More about this miracle substance later.

The antioxidants, especially flavonoids such as green tea extract, grape seed extract (OPCs), quercetin, luteolin and kaempferol (found in artichoke extract and ginkgo biloba), prevent cholesterol from oxidizing, which is the only reason cholesterol causes hardening of the arteries in the first place. Un-oxidized cholesterol is perfectly harmless even when elevated. These flavonoids are all available as supplements and in a diet high in vegetables.

Vitamin C, E (as mixed tocopherols — not artificial E), the carotenoids (beta-carotene, lutein, etc.), D, K and the mineral magnesium also strongly protect against arteriosclerosis.

Back to policosanol.

It’s fine to criticize something, but you should have an alternative answer when you do. In the case

of statin drugs, there is an alternative and it is perfectly natural in its origin. In fact, it comes from a waxy substance from sugarcane called policosanol.

Below are the purported beneficial effects of the statin cholesterol-lowering drugs:

- Reduce LDL cholesterol levels
- Reduce triglyceride levels
- Reduce total cholesterol
- May reduce risk of Alzheimer’s disease
- May protect brain from stroke damage
- Are antioxidants
- Have anti-platelet effect (anticoagulant)
- Have purported anti-cancer effects

Sounds good, right?

Extensive studies both in people and in experimental animals have shown conclusively that policosanol not only had the same benefits but also often exceeded the statin drugs in its effects.

And here is the bonus: There are no reported complications or side effects, even with massive doses (over 500 times the therapeutic dose) of policosanol.

Every study in which they were compared found complications and side effects with the statin drugs and none with policosanol.

These toxicity studies found that it was safe in several species of test animals as well as humans, even when given in very large doses to three generations of animals.

There were no adverse effects on pregnant animals, their offspring or their offspring’s offspring. These studies included biochemical tests as well as histological examination of multiple organs.

So, what do the statin drugs’ toxicity studies show? It is known that statins, even in therapeutic doses, frequently cause liver enzymes to rise and can lead to liver failure as well as destruction of the muscles. In fact, the fatal condition rhabdomyolysis, the breakdown of muscle fibers, is seen in 1 percent to 7 percent of those taking statin drugs. Recent warnings by experts caution those taking one of the statin drugs to cease immediately should they develop one of the following signs or symptoms:

- Muscle pain
- Weakness
- Muscle tenderness
- General tiredness

These are signs of impending serious damage to the muscles, which can lead to death. **Recently, the FDA withdrew the new statin cervivastatin from the market because of the large number of deaths due to this complication.**

Combining drugs has been shown to greatly increase toxicity of the statins. How many people do you know who take only one drug?

Another study found that 1 in 10 people develop muscle damage even before these signs and symptoms develop. A Danish study found that those taking statin drugs long term were 4 to 14 times more likely to develop nerve degeneration leading to difficulty walking and painful extremities.

Of special concern is the effect on brain function alluded to above. Besides dementia-like memory loss, cases of personality change, irritability and short temper are being reported. One study expressed a special caution to those with Alzheimer's disease, who may in fact be more susceptible to the damaging effects of statins. This would include those with a family history of Alzheimer's disease.

Now let us take a look at the special beneficial effects of policosanol not seen with statin drugs.

- Significantly elevates HDL cholesterol. (Statin either have no effect or only barely elevate it. In fact, Statin drugs are contraindicated in those with low HDL levels.)
- Powerfully prevents oxidation of LDL cholesterol
- Not only is safe for the liver, but also has been shown to protect the liver against even powerful toxins
- Substantially reduces the extent of brain injury following strokes
- Has better anti-platelet properties; even more impressive when combined with an aspirin
- Dramatically improves symptoms of intermittent claudication of the legs (caused by poor blood

supply to the legs)

- Lowers fibrinogen levels (This is an independent risk factor of heart attacks; that is, even if you have perfectly normal or low cholesterol levels, elevations in this factor can significantly increase your heart attack and stroke risk.)
- Lowers glucose levels (This is especially beneficial to diabetics. Statins can increase blood glucose, bad for diabetics.)
- Shown to lower blood pressure in hypertensive people (Statins have no effect.)
- Prevents changes in blood vessels associated with coronary artery disease
- Produces a 45 percent improvement in clinical coronary heart disease patients
- Dramatically reduces damage to heart following heart attack
- Extensive testing shows no carcinogenic effect (Doesn't cause cancer.)

So, we see that policosanol can do everything the statin drugs can do while also offering important protective effects statins do not have, the most important being significantly elevated HDL cholesterol levels. HDL is the so-called "good cholesterol" that studies have shown to be so important in preventing heart attacks and strokes.

Of equal importance is the fact that policosanol can accomplish these things without side effects or complications. In fact, as we have seen, it protects the liver from damage from other drugs and toxins.

The big question is why hasn't the public been told about this safe alternative? After all, these peer-reviewed studies have appeared in very prestigious journals. You guessed it — money and its influence on the medical elitists who disseminate the information to practicing doctors. Policosanol is inexpensive and can be purchased without a doctor's prescription.

The most effective dose for policosanol is 20 mg a day. Higher doses have no additional benefit.

Combining this supplement with an array of antioxidants and a healthy diet can provide even greater protection. These include:

- **A multivitamin/mineral supplement with-**

highest omega-3 fatty acids, close to 600 mg per egg. The owners told me that they plan to increase this level even more. It is the DHA component of the omega-3 fatty acids that stimulates the intelligence of children fed these eggs.

DHA also plays a major role in preventing cancer, elevating HDL cholesterol levels, and in protecting the adult brain. In addition, egg yolk contains important phospholipids and choline for brain function. The white of eggs contains a mix of amino acids that is considered to make it the perfect protein.

An egg a day can go a long way!

Pearl of the Month:

Fluoride was known to cause brain injury even before the first proposal for fluoridation of drinking water. This was based on secret studies done by the

Atomic Energy Commission to study the effect of fluoride on workers making atomic bombs. Fluoride was essential to bomb construction. The scientist leading these studies also led the drive to fluoridate drinking water.

If you missed a past issue of **The Blaylock Wellness Report**, send an e-mail to wellnessreport@newsmax.com to request the report you want. We will send you the report and charge your credit card.

Issue 1: Vaccinations: The Hidden Dangers
Issue 2: Save Your Brain: Protect Yourself from the Ravages of Alzheimer's and Other Diseases

Cost: \$7.97 per past issue



Dr. Russell Blaylock

About Dr. Blaylock

Dr. Russell Blaylock edits NewsMax.com's The Blaylock Wellness Report. He is a nationally recognized board certified neurosurgeon, health practitioner, author and lecturer.

He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, South Carolina.

For the past 26 years he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical practice to devote full time to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including *Excitotoxins: The Taste That Kills*, *Health and Nutrition Secrets That Can Save Your Life*, and his most recent work, *Natural Strategies for The Cancer Patient*. An in demand guest for radio and television programs, he lectures widely to both lay and professional medical audiences on a variety of nutritional subjects.

Dr. Blaylock serves on the editorial staff of the *Journal of the American Nutraceutical Association* and is the associate editor of the *Journal of American Physicians and Surgeons*, official journal

of the Association of American Physicians and Surgeons.

He recently retired as a Clinical Assistant Professor of Neurosurgery at the Medical University of Mississippi and now serves as a Visiting Professor in the Department of Biology Belhaven College.

