



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. (Statins 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-**

out iron in a powder form, either in a capsule or in bulk

→ **Magnesium ascorbate (buffered vitamin C): 1000 mg three times a day on an empty stomach between meals**

→ **Magnesium citrate: 500 mg twice a day with meals**

→ **L-carnitine: 500 mg twice a day on an empty stomach (improves heart strength)**

→ **CoQ10: 150 mg a day (in olive or rice brain oil) (alternative is Idebenone, 50 mg twice a day)**

→ **Quercetin: 500 mg three times a day with meals**

→ **Green tea extract (decaffeinated): 100 mg a day (see Rooibos tea below)**

→ **Grape seed extract: 100 mg a day**

→ **Vitamin D3: 1,000 IU a day**

If you are currently on statins, you should share your concerns with your physician. You can discuss the possibility of going off statins and trying policosanol and the nutritional approach I have outlined. You should have your cholesterol level rechecked after three months and six months to see the results. Perhaps your doctor will be surprised by the result and he or she will recommend this approach to other patients.

New Discovery: Breast Feeding Is Better

Scientists recently conducted a study in which they examined the effect of childbirth on babies' production of destructive free radicals. As you will recall from previous newsletters, free radicals are powerfully destructive particles that bounce around cells, injuring all of their vital components.

Most of us are aware that childbirth is a traumatic event, with lots of screaming and crying on the part of everyone.

In this study researchers compared the free radicals produced by 34 healthy newborns with 22 normal adults used as a control and found that the babies underwent a dramatic increase in free radical

production as well as a loss of antioxidants during childbirth. Consequently, DNA damage was increased in these babies.

They then looked at colostrum, the watery-looking milk that precedes breast milk release and found that it offered significant protection against the free radical damage.

Colostrum is also a source of powerful antibodies from the mother. This is particularly important because the baby's immune system has not developed sufficiently enough to protect it against the flood of viruses and bacteria in the baby's new world. It has been known for a long time that breast-fed babies are healthier than bottle-fed babies, with lower risk of general infectious diseases, asthma and middle ear infections.

Preventing damage to babies' DNA is critical because such damage, if not repaired, could lead to numerous diseases later in life, including cancer, diabetes, cardiovascular diseases and impaired brain function.

This study also may explain in part the findings of another new study that found that breast-fed babies had a 20 percent lower death rate during the first year than formula-fed babies. This study was based on a survey of 9,000 infant deaths in 48 states reported in the journal *Pediatrics*.

Parents: Avoid NutraSweet for Your Kids

My wife and I were standing in the supermarket checkout line when I noticed that the young mother in front of us was giving her 6-month-old baby sips of diet cola. The baby loved it and kept grabbing the bottle for more, which the mother allowed.

My wife could see that I was about to have an apoplectic episode. However, I maintained my demeanor and shared with the young mother some of the more important dangers of what she was doing.

While I plan to discuss the dangers of aspartame and the other artificial sweeteners in a future newsletter, for now I just want to warn all mothers concerning the special dangers of feeding aspartame to newborns and small children.

In 1958, a report appeared in an ophthalmology journal in which widespread destruction of the nerve cells in the retina of the eye was described following exposure of newborn mice to MSG (monosodium glutamate).

A follow-up study in 1968 found that MSG also destroyed many cells in the brain as well. Especially sensitive to this toxin were a group of nerve cells (called a nucleus) in the hypothalamus of the brain responsible for controlling an animal's weight. Injury to this nucleus caused the animals to become grossly obese for a lifetime. Dozens of new studies have confirmed this early finding.

Aspartame has been shown to produce this very same destructive effect. Humans are five times more sensitive to this toxin (called an excitotoxin) than are mice, the animals used in the original study.

We are also 20 times more sensitive than the rhesus monkey. In addition, the original study done by the maker of aspartame found that feeding the product to test animals in doses approximating human consumption produced a 47-times increase in brain tumors as well as tumors in multiple organs. And newborns are 4 times more sensitive than adults.

A repeat study found that the tumor-causing chemical was a metabolic breakdown product of aspartame called diketopiperazine (DKP). Aspartame quickly breaks down into this tumor-causing product and by one week very high levels are seen. The makers of diet colas know this, and this is why they began to date the drinks. It is not a freshness issue; it is a toxin issue.

The newborn child is especially vulnerable to this cancer-causing product.

If all this is not enough, we also know that another component of the aspartame molecule, phenylalanine, can severely damage the baby's brain during this critical developmental stage of brain formation. This damage can lead to seizures, mental retardation and abnormal behavior.

All of this has been shown experimentally. Clinical studies have revealed some real horror stories. Therefore, mothers, **don't give your babies or children aspartame!** Claims of safety are pure lies. And adults shouldn't consume it either.

South African Tea Extremely Healthy

Rooibos tea (*Aspalathus linearis*), also known as redbush tea, has been used by South Africans for over 100 years.

Many have reported anecdotal health effects, but now there is extensive scientific evidence to back up these claims. Of particular interest is the antioxidant power of the tea.

One recent study found that the tea strongly protected against cirrhosis of the liver, caused by either alcohol excess or the powerful liver toxin carbon tetrachloride. In fact, the tea was as protective as the supplement normally used to treat such poisoning, N-acetyl-L-cysteine (NAC).

N-acetyl-L-cysteine is a supplement used to increase the levels of a very powerful cellular antioxidant (glutathione). Combining oral NAC and drinking at least two cups of strong rooibos tea a day would go a long way toward protecting not only the liver but also other parts of the body, including the brain. The tea also has been shown to protect the liver in cases of viral hepatitis (hepatitis C) as well.

Other recent studies have shown that the tea protects against radiation injury to cells and tissues, prevents mutations that can lead to cancer, enhances liver detoxification and prevents aging damage to the brain when consumed over long periods of time. Unlike most teas, rooibos does not interfere with iron absorption, which is very important to women before menopause and especially during pregnancy, when iron is so critical to the baby's development.

Another recent study found that rooibos tea extracts powerfully inhibited the HIV virus, preventing it from damaging cells. The effect was traced to a special carbohydrate (polysaccharide) found in the plant's leaves.

So, how does the tea taste?

Rooibos is naturally slightly sweet, which I think makes it taste better than green or black tea. Because the antioxidants in the three forms of tea are different, I usually mix the three in a cup of hot distilled water. The advantage of rooibos tea is that it contains no caffeine. Safety studies have shown no harmful components at all.

Rooibos tea would be an excellent substitute for coffee. If we could only get college students to drink it regularly, we might prevent a lot of damage caused by youthful indiscretion.

Good News for Aging Men

Much has been written about male menopause. A blizzard of TV ads warns us about “ED” (erectile dysfunction) and other male potency problems.

Some research appears to indicate that men go through a reproductive hormone-type change in life, while others deny such an effect.

What is known is that with aging, men’s libido begins to decline, they become more depressed, they fatigue more easily and they have more difficulty staying focused.

All of these changes have been attributed to a loss of testosterone with aging. This hormonal decline is less abrupt than with female menopause.

The problem with testosterone replacement is that it is associated with far too many complications and risks. The connection to increased risk of prostate cancer is well recognized, but less well known is that it may even make aging-related brain degeneration worse under certain conditions.

Studies have shown that testosterone increases the size of the prostate, which can lead to such annoying symptoms as having to get up throughout the night to urinate.

A recent study reported in the journal *Urology* offers an alternative to supplemental testosterone that also improves brain and heart function. The product used was acetyl-L-carnitine, a natural substance found in the body that is necessary for normal metabolism and used in great quantities by the heart and brain. Also used was another form of carnitine, propionyl-L-carnitine. The dose was 2 grams of acetyl-L-carnitine plus 160 mg of propionyl-L-carnitine per day.

The study found that the carnitine compounds significantly improved erectile function as measured by objective tests. The treatments continued for the six months of the study, and the carnitine was effective as long as the subjects took the supplements. L-carnitine is much cheaper than acetyl-

L-carnitine and may work as well, if carnitine is the active molecule.

Another Reason to Avoid MSG and NutraSweet

Aging-associated blindness is on the increase, and there are plenty of reasons to explain this devastating condition.

One of the most common causes of adult blindness is diabetes, especially insulin-dependent (type 1) diabetes. A number of recent studies have shown that the reason for this blindness is the destruction of nerve cells within the retina at the back of the eyeball by the amino acid glutamate.

Several studies have shown that glutamate, a destructive excitotoxin, builds up in the vitreous humor in the back of the eyeball in diabetics as well as in those with macular degeneration and glaucoma.

While the source of the glutamate is from the injured nerve cells and supportive cells (glia) themselves, there is growing concern over the consumption of extreme amounts of excitotoxins in the diet in the form of MSG and aspartame. Aspartame contains the excitotoxin aspartate as well as the neural eye toxin methanol (which breaks down into formaldehyde and formic acid).

Since the eyeball has no protective system, such as the brain’s blood-brain barrier, anything in the bloodstream, including these excitotoxins, can enter the interior of the eye quickly. Careful studies have shown that when people eat and drink foods containing excitotoxins, their blood levels can increase as much as 20 times higher than normal.

Even if the excitotoxins do not cause these diseases, they certainly make them much worse and cause them to advance more rapidly.

Let’s say an elderly person eats a bowl of soup and drinks a diet soda. He will be consuming excitotoxins in concentrations that can damage brain cells as well as the retina.

One study found that Alzheimer’s disease patients all showed extensive destruction of retinal nerve cells. Some commercial soups contain as many as three or four types of excitotoxins.

Even when each excitotoxin additive is present in

concentrations not known to damage nerve cells, multiple forms of excitotoxins present in a single food can produce full toxicity. This effect, called an additive neurotoxic effect, has been proven in laboratory studies.

In the case of diabetics, studies in patients have shown eyeball (vitreous) glutamate levels to be greatly elevated, especially in the case of proliferative diabetic retinopathy, the type most likely to lead to blindness. A recent study of animals with diabetes demonstrated a 40 percent increase in eye glutamate levels and a 100 percent increase in lipid peroxidation, a measure of free radical damage associated with excitotoxicity.

Similar findings have been demonstrated in the eyeballs of those with glaucoma. Excitotoxicity is considered the major reason for blindness in this condition and not the high intraocular pressure, as once thought. The high pressure reduces the blood flow in the retina and this triggers the release of the destructive glutamate.

Therefore, we see that glutamate excitotoxicity plays a leading role in all of these diseases, and the food industry has been doubling the amount of these destructive flavor enhancers in everything we eat every decade since 1945.

By 1972, 262,000 metric tons of MSG were being added to processed foods. As for aspartame, there are over 4,000 products containing the sweetener, with over 100 million people consuming them in unbelievable amounts.

Ironically, the 17 million diabetics in this country

have been targeted by the makers of aspartame for a propaganda blitz to encourage the use of this dangerous product.

Aspartame is harmful to diabetics for several reasons, but as we have seen, because it contains high concentrations of an excitotoxin, it particularly endangers the diabetic's vision. No one should consume this dangerous product, but especially not the diabetic, who would be infinitely more sensitive to its toxic effects.

Who Said Eggs Are Bad for You?

A study out of Harvard University, part of the Nurses Health Study composed of 120,000 nurses, found that girls who ate at least one egg a day were **18 percent less likely** to develop breast cancer decades later. It is important to understand that these were ordinary eggs and that ordinary eggs today contain far fewer nutrients than they did 100 years ago.

I used to treat patients who were employed in the eggs business — that is, those who mass-produce eggs. I once asked one of the owners why some eggs had shells that literally fell apart in my hands. She told me that it was because the chickens were deficient in folate and vitamin B12. Ironically, folate was one of the nutrients identified as reducing the incidence of breast cancer in the women in the study.

Today, several companies are offering eggs that are high in nutrients, especially omega-3 fatty acids, a special fatty acid that plays a major role in infant brain development.

I have found that the Christopher eggs have the

The Blaylock Wellness Report is a publication of NewsMax Media, Inc., and NewsMax.com. It is published annually for \$48.00 per year and is offered by e-mail and online through NewsMax.com.

Our editorial offices are located at 560 Village Boulevard, Ste. 270, West Palm Beach, Florida 33409.

The owner, publisher and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved. Any authorized reproduction or distribution of information contained herein, including storage and retrieval system posted on the Internet is expressly forbidden without the consent of NewsMax Media.

For permission, contact the publisher at PO Box 20989, West Palm Beach, Florida 33416.

Publisher Christopher Ruddy

Editor Russell L. Blaylock, M.D.

Executive Editor Ken Williams

Art Director Elizabeth Dole

To contact **The Blaylock Wellness Report** send email to: blaylock@newsmax.com.

Subscription/Customer Service contact 1-800-485-4350 or wellnessreport@newsmax.com

Send email address changes to wellnessreport@newsmax.com

© 2004 NewsMax Media, all rights reserved.

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.