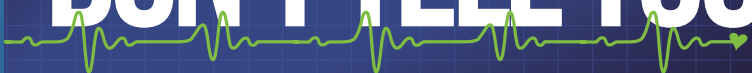


WHAT DOCTORS DON'T TELL YOU



Root causes

The dental problems
linked with cancer

The killer combo

How fluoride and
chlorine hurt the thyroid

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C

amilla Sherr has an extraordinarily green thumb. When her mother's apple tree became infested with moths, she and her husband Jeremy prescribed a treatment that not only removed the moths and their caterpillars but also resulted in the tree producing its first season of edible, delicious fruit.

Their treatment didn't include nasty pyrethrin-containing chemicals. In fact, there were no chemicals at all. Camilla is not a plant doctor but a renowned homeopath, and her treatment of her mother's apple tree consisted of a single remedy: Lac Caninum.

This is not as farfetched as it seems. A few good studies show that homeopathy can help plants, even those that start life as seeds planted in toxic soil laced with aluminum (see page 36).

Although both Sherrs treat humans and teach homeopaths (at the Dynamis School for Advanced Homeopathic Studies), lately Camilla has focused on what is termed agrihomeopathy, treating pest or environmental problems in soil and plants, after working with a Tanzanian farmer to convert his farm to organica decade ago.

Skeptics would say Camilla is working with nothing more than water and a good deal of wishful thinking. After all, homeopathic treatments are diluted with water to the point where there is nothing of the original substance left. But that's because these critics don't really understand the miracle substance that is water.

Water is a chemical anarchist that behaves like no other liquid in nature, displaying no fewer than 72 physical, material and thermodynamic anomalies, with many more apparently still to be unmasked. It is among the most mysterious of substances because it is a compound formed from two gases—two atoms of hydrogen for



Editors

Lynne McTaggart and Bryan Hubbard

COMMENT

AIR AND WATER

every one atom of oxygen—yet is liquid at normal temperatures and pressures.

It's taken several renegade scientists to advance our understanding of the power of water and why it would explain the strange process of homeopathy.

Two late Italian physicists at the Milan Institute for Nuclear Physics, Giuliano Preparata and his colleague Emilio Del Giudice, demonstrated that water has an amazing property: when closely packed together, its molecules exhibit a collective behavior, forming what the physicists

of Naples, and more recently the late Luc Montagnier, the Nobel laureate and codiscoverer of HIV, have confirmed Preparata and Del Giudice's findings: certain electronic resonance signals create permanent changes in the various properties of water.

In one dramatic experiment, Montagnier demonstrated that a virtually identical copy of a DNA fragment in one test tube could be "teleported" via electromagnetic signals to a second test tube containing nothing but pure water. As Montagnier noted, "High dilutions of something



"Water can act like a tape recorder, retaining and carrying information whether the original molecule it came from is still there or not"

termed "coherent domains," like a powerful laser light.

These clusters of water molecules tend to become "informed" in the presence of other molecules, polarizing around any charged molecule and storing and carrying its frequency so that it may be read at a distance.

As Russian scientists have observed, water has the capacity to retain a memory of applied electromagnetic fields for hours, even days. Other Italian scientists from Sapienza University of Rome and the Second University

are not nothing. They are water structures which mimic the original molecules."

This suggests that water can act like a tape recorder, retaining and carrying information whether the original molecule it came from is still there or not. Physicist Kunio Yasue of the Research Institute for Informatics and Science, Notre Dame Seishin University in Okayama, Japan, also found that water molecules have the ability to organize discordant energy into coherent photons—a process known as "superradiance."

So vital may water be to the transmission of energy and information that, as the late French biologist Jacques Benveniste demonstrated, molecular signals cannot be transmitted within the body except through the medium of water.

Benveniste found that water seems to "memorize" the unique signature frequencies of molecules. In his studies, when water was exposed to a chemical, then diluted to the point that none of the original molecules remained, the water sample could still be used in place of the chemical to trigger a reaction.

In one study, he took a test tube of blood plasma and added water exposed to the "sound" of heparin—an anticoagulant drug, meaning it prevents blood from clotting—transmitted via its digitized signature electromagnetic frequency. This signature frequency worked as though the molecules of heparin itself were there: in its presence, blood was more reluctant than usual to coagulate.

This means that water, as the natural medium of all cells, may be acting as the essential carrier of a molecule's signature frequency in all biological processes. The Italian scientists also confirmed that water molecules organize themselves into a pattern on which wave information can be imprinted. Water appears to not only send the signal but also amplify it.

Besides the power of informed water, there are also breakthrough treatments with another one of the earth's most abundant substances. Our cover story focuses on new evidence that very high doses of oxygen, delivered through hyperbaric chambers, are healing or vastly improving cases of Alzheimer's, dementia and stroke.

Think of it: great new advancements for our health and the health of the food we depend on can be sorted simply through novel uses of substances in nature already in plentiful supply.

It's more evidence that most of what we need to heal ourselves and our world is already here, right in front of us.

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¹ Adopted from: Reddy DS. Physiological role of adrenal deoxycorticosterone-derived neuroactive steroids in stress-sensitive conditions. *Neuroscience*. 2006; 138(3):911-20. doi:10.1016/j.neuroscience.2005.10.016



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Lynne McTaggart and Bryan Hubbard

Dear WDDTY subscriber,

We went through an evolutionary shift last November. Having been a print publisher for more than 30 years, with our website puffing far behind, we became a “web first” publisher. Not that the magazine was forgotten—if you’re a print subscriber, the fact you’re holding a copy in your hands is testament to that—but articles destined for a particular issue are now published first on the revamped website (wddty.com).

With the relaunch, we have also reduced the subscription types to just two: print and digital or digital-only. Print-only has disappeared, and to receive the actual magazine each month, you now opt for print and digital.

Choosing this option opens up the whole website and its many benefits to you. Yes, you’ll still get the magazine delivered to your door each month, but you’ll also enjoy:

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- **Monthly WDDTY Talks:** you have free access to our monthly webinars. Each month we talk with a health pioneer, and you can ask a question about a specific health concern if you join the live session. Each talk is recorded, so you can watch at any time.
- **Search our database:** WDDTY has assembled one of the largest databases of alternative health information, and you can search every word of it.
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Once you’ve logged in, you can also access your own account, where you can change your address and see your subscriber status.

We hope that you like the changes and that you make good use of all the extra benefits your subscription now offers.



28

Positive pressure

Those with brain injury can have healing and hope thanks to hyperbaric oxygen therapy, Celeste McGovern reports

36

An end to pharm-ing

Plants do better with natural supplements and cures, just like humans, says homeopath Camilla Sherr

40

A stiff's drink

Two chemicals in our drinking water (and more) are supposed to improve our health but are slowly poisoning us, too, Cate Montana has found

52

Homemade healers

Instead of commercial preparations, try these soothing and nourishing remedies from nutritional health coach Lizzie King

60

Striking at the root

Dr Leigh Erin Connealy looks at the link between root canals and cancer and how you can aim for better dental health



NEWS

10

Pair polyphenols and protein to fight inflammation; sporting events promote life satisfaction; high-dose magnesium supports brain health

COVID-19 NEWS

19

Fast-tracking Covid vaccines was bad policy, says England's chief medical officer; more evidence vaccines cause heart problems in young people

EVERY PICTURE...

26

Hack-y-sack

Here's a bag of tricks filled with 16 simple health hacks to keep you in top shape

FAMILY HEALTH

48

Try-cycle

Cooperate with your menstrual cycle to roll smoothly through the hard times and get the most exercise benefit, says Debra Atkinson

HEALTHY LIVING

64

The healthy hotlist

Products from Janey Lee Grace help you harness the power of plants and cold water therapy

REGULARS

9

Readers' letters

22

News focus

Drug companies have known about the carcinogen NDMA in their products since the '70s—yet another instance of Big Pharma deception, Bryan Hubbard reports

56

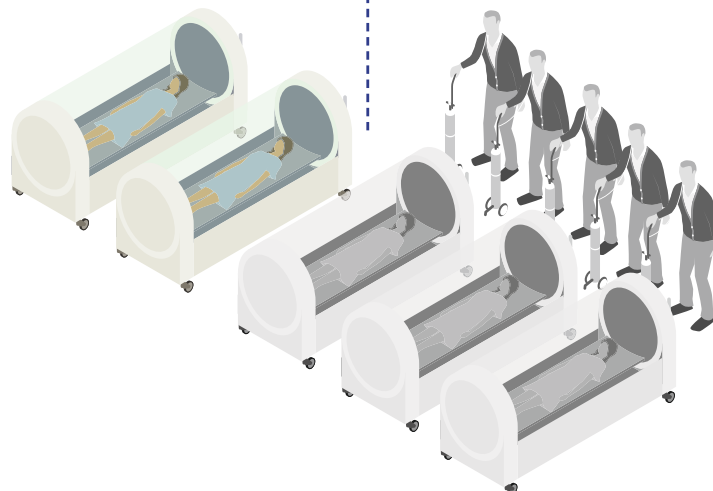
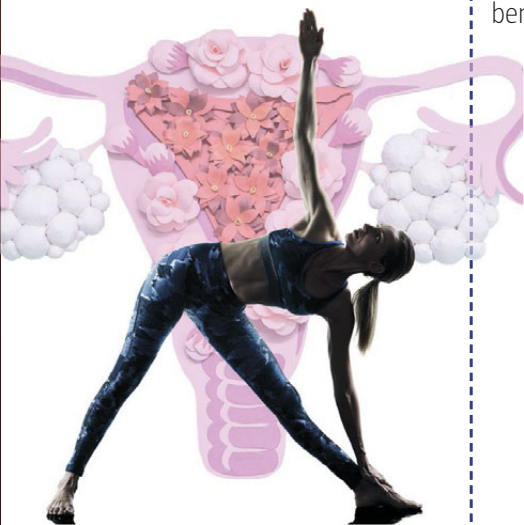
The Eco Doctor

Dr Jenny Goodman helps a farmer's daughter uproot glyphosate from her body and eat more plants to cut back overwhelming PMS

66

The last word

Two similar statistics about drug effectiveness have very different meanings, says Bryan Hubbard, so don't let the headlines fool you



The brain starts to rewire itself through the consumption of chips and [sweets]. It subconsciously learns to prefer rewarding food. Through these changes in the brain, we will unconsciously always prefer the foods that contain a lot of fat and sugar
Page 11

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EDITORIAL PANEL

What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.



Dr Damien Downing, a specialist in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine, on the editorial board of *Orthomolecular Medicine News Service*, Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), and author of numerous books including *The Vitamin Cure for Allergies*.



Dr Michel Odent, a French-trained surgeon and obstetrician, is a pioneer of the natural birth movement, emphasizing home and water birth. Founder of the Primal Health Research Centre in the UK, he has written some 50 scientific papers and 11 books.



Dr Sarah Myhill has worked in the UK National Health Service and private practice since 1981. Honorary Secretary of the British Society for Ecological Medicine for 17 years, she is a frequent lecturer and author of *Sustainable Medicine* and *Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis*.



Craig Sams is the co-founder of Whole Earth Foods and founder and president of Green & Blacks Organic Chocolate, as well as director of Soil Association Certification, executive chairman of Carbon Gold Ltd., a carbon sequestration business, and a trustee of the Slow Food Trust UK. He has authored four books, including *The Little Food Book*.



Dr Harald Gaier is a UK-registered osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr Gaier has authored numerous scientific papers and *The Encyclopedia of Homeopathy*.



Dr Jonathan Wright, medical director of the Tahoma Clinic in Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association and the International College of Advanced Longevity Medicine, he has published 11 books.



Janet Balaskas, who named and inspired the Active Birth Movement in the 1970s, helped revolutionize maternity practices worldwide. Janet is the founder and director of the Active Birth Centre in North London and author of nine books including *Active Birth*, *Preparing for Birth with Yoga* and *Easy Exercises for Pregnancy*.



Sally Bunday is founder of the The Hyperactive Children's Support Group, the first organization to draw attention to the role of diet and nutrition, particularly food additives and essential fatty acid deficiencies, in childhood behavior problems. The charity has helped thousands of families in its more than 30-year history.



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I did it your way

I was diagnosed with terminal multiple myeloma and even lymphoma . . . 13 years ago! But I had no chemo, no radiation, no marrow replacement. I used all-natural, real remedies at every level of my being.

It's still lurking because I am naughty enough not to follow protocols to the *n*th degree, so I am living with a "stable" condition, monitored every three months.

But I've never felt healthier, and my biological age is 16 years younger than my almost 77-year-old body. And I'm in charge of my own body.

What's the secret? Attitude! Information!

And your magazine provides or confirms information. Thank you so much.

L Nesbit, via email

Where the sun don't shine

I read Dr Connealy's article every month and really enjoy her encouraging tone and helpful tips. This month, I read her advice about sun exposure ("The Cancer Doctor," May 2023) and found it's basically the same as in conventional medicine: get a little sun every day but wear sunscreen and go inside during peak hours. But I've begun to question this.

We hear endless warnings about the great harms of UVA and UVB rays, but these also come with benefits that we don't hear nearly as much about. There's evidence that sun exposure offers protective effects against cancer, beyond mere vitamin D production.

A review by Juzeniene and Moan in *Dermatoendocrinology* (2012; 4(2): 109–117) points to some of these. Besides the well-known harmful effects, UVA exposure activates an enzyme that protects against oxidative stress and tissue injury, and UVB exposure stimulates production of solar elastosis, which protects against basal cell carcinoma. "Chronic UV exposure reduces and/or delays the development of melanoma" and

makes us feel happier, among other perks, according to the study.

To me, the balance looks a lot like what we see in most healthy foods. We love to sort foods under "good" or "bad" labels, but even the ones with the greatest positive health effects also have effects that are somewhat grim. Take olive oil—heart-healthy, full of antioxidants, anti-inflammatory, right? It's also got far more advanced glycation end products than a bowl of Kellogg's Frosties (J Am Diet Assoc, 2010; doi: 10.1016/j.jada.2010.03.018).

“We hear endless warnings about the great harms of UVA and UVB rays, but these also come with benefits that we don't hear nearly as much about”



UVB is what we need to make vitamin D, a key to just about every aspect of our health, and it's more available during peak sun hours. Considering that even pasty white people like me can acclimate our skin to more sun, and that people living closer to the equator and working outdoors have much less skin cancer, I think the usual advice needs a bit of a rethink. Not to say we should be in the sun constantly (or live on Kellogg's Frosties), just that more balance might be wise.

G Simon, Liverpool

Thanks for . . . everything

You've ruined my life. It will never be what it was again.

I used to eat whatever I wanted. And I enjoyed it thoroughly. I used to bake a pan of brownies and eat it all myself within three days. It was so scrumptious, and I wasn't gaining weight, so what did it matter?

I was the kind of person who looked down on "health nuts." The kind who rolled my eyes whenever I saw a product label with California's Proposition 65 warning about carcinogens. After all, that label was on everything, and if everything causes cancer, what can we do about any of it? Who wants to live a life of fear and restriction?

When any problems arose, I did whatever the doctors told me to. When my baby had acid reflux, I gave him Prilosec. When my kids had fevers, I gave them Tylenol. Fed them lots of cereal and juice. Gave them baths every single night. Kept up with the vaccination schedule. My kids seemed pretty healthy.

When I had a blood clot in my calf after giving birth for the third time, I took the muscle relaxers they prescribed even though I was breastfeeding. And I tried to believe them when they said I just had an injury, not DVT. When I was ready to stop having kids and went for a tubal ligation, I let them choose the method and throw in a uterine ablation, too.

I used the prescription fluoride toothpaste. Cooked with canola oil. Took hormonal birth control. It was all so easy.

But now I can't go grocery shopping just anywhere. I can't spray the weeds in my yard. I can't just trust what a doctor says. I can't use name-brand stuff to clean my house and my body. I have to look carefully at everything I use and consume. It takes tons of time and effort.

The old me is gone, and the effortless life she lived is gone. Some say ignorance is bliss, but even the old me wasn't keen on burying her head in the sand.

Thank you.
T Gerry, via email

Eat a cup of blueberries to burn more fat

Blueberries are a super fruit—but they become extra-super when you exercise.

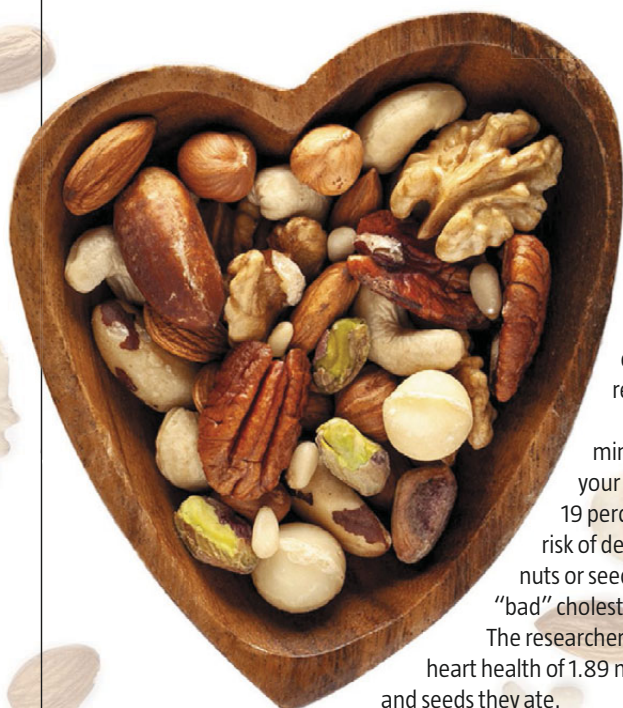
Eating a cup of blueberries every day—or 25 g of the freeze-dried variety—helps your body burn fat faster when you exercise.

The berries are high in anthocyanins, which reduce oxidative stress—when free radicals and antioxidants get out of kilter—and encourage fat burning. Anthocyanins are antioxidants that give the fruit its bluish color.

Researchers from the California Polytechnic State University gave 11 male cyclists 25 g of freeze-dried wild blueberries, which contain around 375 g of anthocyanins, for two weeks before monitoring their rates of fat oxidation, or “fat burning,” while they did moderate cycling exercises for 40 minutes. They had also carried out the same exercises after avoiding all anthocyanin-rich foods for two weeks.

After eating the berries, the cyclists’ fat-burning levels increased by 31 percent—but the increase peaked at 43 percent after 30 minutes of cycling.

Nutrients, 2023; 15(6): 1339



Make nuts and seeds your snack for a healthier heart

Making nuts and seeds your go-to snack of the day may make your heart healthier.

Eating a handful every day likely lowers your risk of cardiovascular disease (CVD) by 20–25 percent, say researchers at the University of Oslo.

A 30 g (1 oz) serving every day seems to be the minimum amount needed to have a positive effect on your heart. People who ate that amount every day had a 19 percent lower risk of heart disease and a 23 percent lower risk of death from heart disease than those who didn’t eat nuts or seeds. Those eating 50 g (1.7 oz) also saw levels of LDL “bad” cholesterol drop.

The researchers trawled through 42 studies that had monitored the heart health of 1.89 million participants and measured the amount of nuts and seeds they ate.

The foods are rich in polyunsaturated fatty acids (PUFAs), micronutrients such as vitamin E, dietary fiber, polyphenols, flavonoids and phytosterols.

Food Nutr Res, 2023; doi:10.29219/fnr.v67.8961

HEALTH FACT

People with gum disease are **43%** more likely to be diagnosed with esophageal cancer and **52%** more likely to develop stomach cancer (page 61)



Sweets rewire the brain

Why do you keep reaching for sweets and processed foods when you know they're bad for you?

Foods and drinks that are high in sugars and fats change your brain, and it "learns" to expect them, researchers at the Max Planck Institute for Metabolism Research in Cologne have discovered. The brain begins craving sugar to stimulate the dopamine response, the chemical that's linked to feelings of motivation and reward.

"The brain starts to rewire itself through the consumption of chips and [sweets]. It subconsciously learns to prefer rewarding food. Through these changes in the brain, we will unconsciously always prefer the foods that contain a lot of fat and sugar," said Marc Tittgemeyer, one of the researchers.

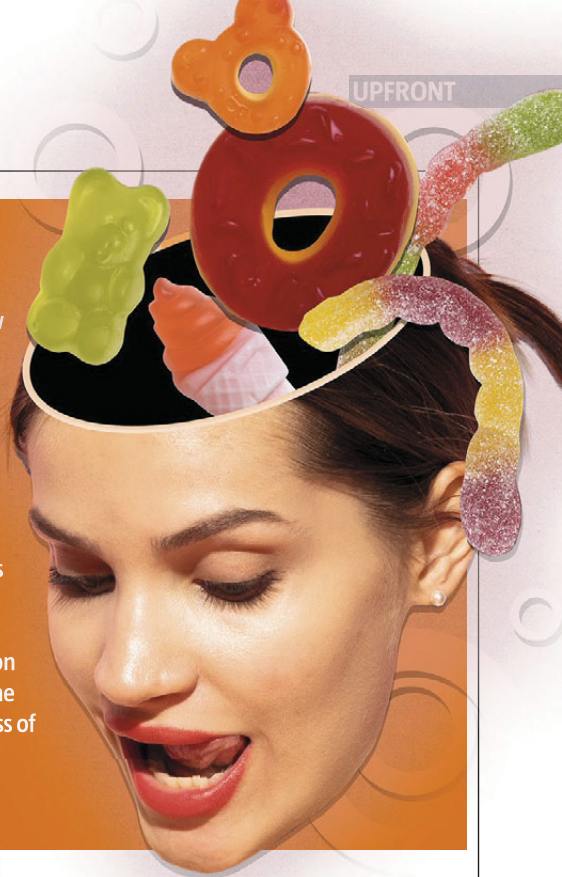
His research team tested the theory on two groups: one was given a pudding that was high in sugars and fats every day for eight weeks, and the other was given a pudding with less fat and sugar.

The brains of those given the pudding high in fats and sugars had changed by the end of the trial, and the difference between the two groups was significant.

One problem is that those given the sweet pudding may well continue to want to eat sugary foods afterward. "New connections are made in the brain, and they don't dissolve so quickly. After all, the whole point of learning is that once you learn something, you don't forget it so quickly," Tittgemeyer said.

The one piece of good news is that we can train our brains to want less sugary and fatty foods—just by cutting down on them. If we modify our diet, the brain will adapt and expect less of these foods.

Cell Metab, 2023; 35(4): 571–84



MitoQ supplements reverse HIV organ damage

The dietary supplement MitoQ can reverse damage to internal organs that's caused by HIV (human immunodeficiency virus) and the antiretroviral therapy (ART) used to manage it.

The supplement restores the healthy function of the mitochondria, the cell structures that regulate immune cells in organs such as the brain, heart, liver and kidneys. HIV

triggers chronic inflammation and immune dysfunction that can damage the organs, and antiretroviral therapy seems to accelerate the process.

Researchers from the University of California at Los Angeles (UCLA) tested the supplement on laboratory mice that had been infected with HIV and then treated with ART. After 90 days, those given MitoQ had less organ damage than those that weren't given the supplement.

J Infect Dis, 2023; doi: 10.1093/infdis/jiad044

Staying optimistic keeps you young

Staying optimistic and cheerful can help keep you fit and mentally sharp into old age.

Researchers from the University of Connecticut have discovered that people who suffer from depression as they get older also age faster. Their biological age is older than their actual age, and they tend to have worse heart health.

Depression also raises the chances of high blood pressure (hypertension), high cholesterol and chronic health problems, the researchers say.

They measured the health of 426 people diagnosed with late-life depression by taking samples of blood to check levels of proteins that reflect biological aging. The proteins, which are produced by aging cells, cause inflammation in the body.

Nat Ment Health, 2023; 1(3): 200



Wilcaccora Phytotherapy Centre

WITH PHYTOTHERAPY, CANCER IS NOT A FATALITY

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"The ignorance by conventional medicine of the beneficial effects of vilcacora prompted me to undertake research on this remarkable plant. What I discovered exceeded my wildest expectations..."

Professor Mieczysław Kuraś.



In Lomianki, near Warsaw, Poland, there has been a centre supporting the treatment of civilisation diseases for over 20 years - the Wilcaccora Phytotherapy Centre. It brings together herbal medicine enthusiasts, doctors, pharmacists and botanists.

The herbal treatments and natural preparations created by the centre are based on centuries-old tradition (South American Indian recipes), scientific research (www.unadegato.pl, scientific research tab) and the use of the latest knowledge. Each patient is treated individually, which leads to good health results. Our centre works closely with scientists, including Professor Krzysztof Gulewicz from Poznań, in Poland and Dr Julita Nowakowska from Warsaw. Professor Krzysztof Gulewicz gives us invaluable help.

Your flagship plant is Vilcacora (*Uncaria tomentosa*). Why?

The "sacred herb of the Incas". - An extraordinary plant that was recognised as the second most important plant for health (after the quinine tree) by the first international conference in Geneva in May 1994. Indians who drink tea made from its leaves do not suffer from heart

attacks, cancer or Alzheimer's disease. One of the reasons for this is its so-called selective effect on cancer cells: it inhibits the division of cancer cells without damaging healthy cells. There are many studies on vilcacora in the world and in Poland (e.g. Professor Mieczysław Kuraś, Professor Krzysztof Gulewicz and others).

There are many Vilcacora (*Uncaria tomentosa*) on the market, which one to choose?

We import raw materials of certified quality (kosher, USDA Organic, JAS, the product was created in accordance with the principles of organic farming), tested in terms of phytochemistry and microbiology (Biology Department of Warsaw University, Hamilton Company). Scientific research is carried out on our raw material.

What about other plants?

The second miracle plant is Graviola (*Annona muricata*), which is used for cancers of the breast, prostate, brain (glioma) and others. **WARNING:** Do not combine Vilcacora and graviola in the same preparation.

You have created unique combinations of plants: Ganomix, Gano-tumeric, Inkas Chaga Esperanza (*Uncaria tomentosa* + *Inonotus obliquus*), Sinergia Unica. How and why were they developed? These products were developed as a result of scientific research, such as the effect of Ganomix on skin fibroblasts and melanoma cells. An article entitled "Mitotic Activity of a New Phytotherapeutic Product with a trade name of 'Ganomix'" was published on 4 June 2016 in *Caryologia: International Journal of Cytology, Cytosystematics and Cytogenetics*. Other scientific studies have shown that the use of Ganomix prior to chemotherapy can cause previously chemotherapy-insensitive cancer cells to revert to a state of sensitivity to previously used drugs. "*Uncaria tomentosa* Leaves Decoction Differently Modulates ROS Production in Cancer and Normal Cells, and Effects Cisplatin Cytotoxicity" was published in *Molecules* in 2017.

Can you give an example of improvement in a cancer patient?

Yes, of course I can. A 63 year old man who was diagnosed with bladder cancer in 2020. He followed our treatment: vilcacora leaves, Wilcaccora Impulso, Jergon Sacha (*Dracontium lorentese*), Coriolus (biomass), Snip (Ubos), Desmodium, Cordyceps. Conventional treatment is completed, the patient is alive and well and only uses prophylaxis. A 72 year old patient, diagnosed in 2019 with prostate cancer with bone metastases. After one year of herbal therapy, there was a regression in the pelvic bones (the scan of 01.02.2023 shows no meta changes). In our centre, we use supportive treatment alongside conventional treatment and we do not ask anyone to give up chemotherapy or radiotherapy. We are guided by the sacred principle of Hippocrates "Primum non nocere" "First, do no harm".

Marta Skolmowska, owner of Wilcaccora Phytotherapy Centre in Lomianki



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Med diet protects against prostate cancer

The Mediterranean Diet—with its emphasis on green leafy vegetables, fruits, whole grains, olive oil and fish—can protect against prostate cancer and Alzheimer's disease, two new studies have found.

The diet can reduce the risk of prostate cancer and speed up recovery after prostate therapies that include radiation, say researchers from the University of South Australia.

It protects against the disease; sufferers are more typically low in lutein, lycopene, alpha-carotene and selenium, and they have higher levels of iron, sulfur and calcium in their blood than those who don't have the cancer.

Foods rich in lycopene and selenium also aid recovery after radiation therapy—and these foods are found in the Mediterranean diet, including tomatoes, melons, papayas, grapes, peaches and cranberries, and selenium-rich foods include white meat, eggs, fish and nuts.

Men with low levels of vitamin E might also be more likely to develop the cancer, the researchers say. Vitamin E is found in plant oils, nuts, seeds, fruits and vegetables.

In a separate study, researchers from the University of Chicago discovered that people who eat the diet also have fewer amyloid plaques and tau tangles in their brain, which have been linked to Alzheimer's disease.

The researchers found that people who eat green leafy vegetables at least six times a week had fewer amyloid plaques and had brains that were four years younger than their actual age.

They monitored the diets and brain health of 581 people with an average age of 91 at death who had donated their brains for research after they died. Just before death, 39 percent had been diagnosed with dementia, and upon examination after death, 66 percent met the criteria for Alzheimer's.

Studying the diet sheet that the participants had completed when they joined the study group, the researchers found that those who stuck most closely to the Mediterranean diet—eating green leafy vegetables at least seven times a week—had brains that were almost 19 years younger than those of people who didn't follow the diet at all and instead ate more sweets and fried foods.

Cancers, 2022; 15(1): 77
Neurology, 2023; 10.1212/WNL.000000000207176



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Lonely? Then go to a football game

It can be a bit of a dilemma. To offset the harmful effects of loneliness, we're encouraged to join social groups, such as the local drama society, but for the socially awkward and introverts, there's another way we can be around others—going to a sporting event.

Being in the crowd at any sporting occasion increases "life satisfaction" and lowers feelings of loneliness, two subjective markers of general well-being and health.

The boost to our sense of well-being at a game or event is as great

as that from having a job, say researchers from Anglia Ruskin University. They monitored 7,249 people who had signed up to the Taking Part survey.

The events ranged from local school sports to Premier League football matches. Attending any sporting event

"provides many opportunities for social interaction and this helps to forge group identity and belonging, which in turn mitigates loneliness and boosts levels of wellbeing," said Helen Keyes, one of the researchers.

Front Public Health, 2023; doi:10.3389/fpubh.2022.989706



US has highest death rates—despite spending the most on medical care

Despite spending more on medicine than any other country, America has the highest death rates across all age groups, a recent study found.

The higher rates also meant the US had more excess deaths—the rate of deaths above the expected average—and experienced a higher death rate during the Covid-19 outbreak than any other wealthy nation, say researchers from the University of California at Los Angeles (UCLA). Their calculations accounted for the countries' different population sizes.

They looked at mortality rates in the US, England, France, Germany, Italy and Spain from 2017 to 2021. During that period, the annual number of excess deaths in the US nearly doubled—and 45 percent were due to factors other than Covid. In 2021, 25 percent of all excess deaths in the US were attributed to Covid, which is just 223,000 of the 892,000 excess deaths that year.

The figures underline the US's failing health policies, which do not take into account social, economic and psychological dimensions of health, including a weak social security net, inadequate healthcare access, and poor lifestyles including bad diets and lack of exercise, say the researchers.

PLOS One, 2023; 18(3): e0283153



No, being obese doesn't protect your heart

The "obesity paradox"—which suggests that people who are overweight have greater protection against serious heart problems—has finally been put to rest.

The paradox comes about because the BMI (body mass index) score routinely used to assess obesity is inexact and misses key features, such as the length of time someone has been obese and their muscle mass.

A better predictor of heart disease is a comparison of waist measurement to height, say researchers from the University of Glasgow. This ratio, simple waist circumference and waist-to-hip measurements were all more accurate ways of predicting heart disease and survival.

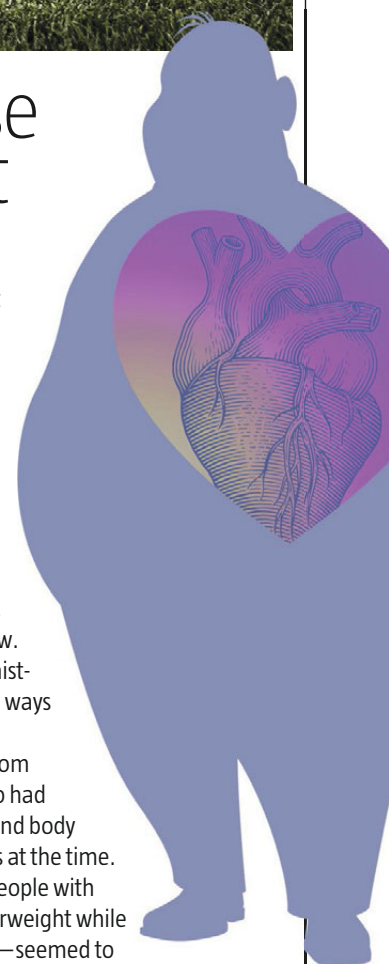
The researchers took a fresh look at data from 1,832 women and 6,567 men worldwide who had suffered heart failure and whose BMI, waist and body measurements had been recorded by doctors at the time.

Just looking at the BMI measure showed people with scores of 25 kg/m² or above—defined as overweight while a score greater than 30 is classified as obese—seemed to survive their heart attacks.

But this obesity paradox disappeared when other measures were applied instead. Using the waist-to-height ratio, the researchers saw that the risk of death and hospitalization increased with the amount of body fat the patient had.

People with the most body fat had a 39 percent higher risk of needing hospital care for heart failure than those with the lowest body fat. "We knew [the obesity paradox] could not be correct and that obesity must be bad rather than good," said John McMurray, one of the researchers.

Eur Heart J, 2023; 44(13): 1136–53



Too little sleep is bad for the arteries

Your risk of developing peripheral artery disease (PAD)—when blood flow in the legs gets restricted—increases dramatically if you regularly get less than five hours of sleep.

Poor sleepers increase their risk by up to 74 percent compared to those who regularly sleep for seven or eight hours every day. Conversely, regularly sleeping well protects against developing PAD, say researchers from the Karolinska Institute in Stockholm.

Insufficient sleep is an unrecognized cause of PAD, which affects some 200 million people around the world. Untreated, it increases the risk of heart attack and stroke.

The researchers analyzed the sleeping habits and health of around 650,000 people, looking for the risk factors for PAD. Poor sleep emerged as the single biggest factor, but, paradoxically, sleeping longer than eight hours also increased the risk, although by a more modest 24 percent.

Although sleeping a long time or napping during the day was linked to a higher risk of PAD, the researchers said no direct causal link could be established, suggesting other factors could be at play.

Eur Heart J Open, 2023; 3(2): oead008



POOR SLEEPERS INCREASE THEIR RISK OF PERIPHERAL ARTERY DISEASE BY UP TO 74% COMPARED TO THOSE WHO REGULARLY SLEEP FOR SEVEN OR EIGHT HOURS EVERY DAY. SLEEPING LONGER THAN EIGHT HOURS INCREASES THE RISK BY 24%

Upping your magnesium lowers your dementia risk

Upping your daily dose of magnesium could reduce your risk of dementia as you get older.

People who consume more than 550 mg of magnesium every day have a brain age that's around one year younger by the time they reach age 55, compared with someone taking the recommended dose of 350 mg.

The sooner you start taking higher doses of magnesium, the better it is for your brain health, say researchers from the Australian National University. The mineral has neuroprotective effects—such as combating cognitive decline—that can be seen in people who are in their forties and even younger.

The researchers tested the effects of magnesium on a group of around 6,000 people aged 40 to 73 who were taking more than 550 mg a day. The higher amounts were linked to larger brain volumes and fewer lesions, which are linked to better cognitive function and a lower risk of dementia. The effect was stronger in women than in men.

As well as in supplements, magnesium is in nuts, leafy green vegetables like spinach, and seeds.

It's a simple solution to a problem that is the world's seventh major killer, and to which medicine has no answers. "People of all ages should be paying closer attention to their magnesium intake," said Khawlah Alateeq, one of the researchers.

Eur J Nutr, 2023; doi:10.1007/s00394-023-03123-x



Antibiotics cause serious side effects to “hundreds of thousands” every year

We all know that antibiotics are being over-prescribed, heralding the age of the superbug—but in the meantime, they’re causing serious side effects in hundreds of thousands of people every year.

Around one in 300 patients prescribed an antibiotic suffers side effects that are so bad they need medical care. “It may not seem like a lot, but when you look at this problem on a population health level, we’re talking about hundreds of thousands of adverse events serious enough that these patients need additional care,” said Harris Carmichael, a researcher from Intermountain Health in Salt Lake City.

Carmichael and his research team estimate that enough antibiotics are prescribed in the US every year to cover 80 percent of the population. They examined 51 million reports from patients with upper respiratory infections, a condition for which antibiotics are wrongly prescribed in roughly half of cases.

Those given an antibiotic were up to a third more likely to suffer a serious adverse reaction—including a deadly diarrheal infection—than those given other drugs.

J Int Med, 2022; 293(4): 470–80

New form of omega-3 protects against blindness

A form of omega-3 can protect against the most common causes of blindness.

Commercially available DHA omega-3 fish oils are great for every part of the body except the eyes. They can’t travel from the bloodstream into the retina.

Scientists at the University of Illinois have developed a new form of omega-3, which they call lysophosphatidylcholine DHA (LPC-DHA), that delivers DHA (docosahexaenoic acid) to the eyes and protects them from blindness caused by health conditions such as AMD (age-related macular degeneration), diabetes and Alzheimer’s.

DHA is concentrated in the retina, where it helps maintain photoreceptors, the cells that convert light into signals that are sent to the brain. But diseases such as AMD reduce DHA levels to such an extent that it can result in blindness.

The LPC-DHA supplements bypass the intestinal and blood-retinal barriers to reach the retina, as the researchers discovered when they tested the formula on laboratory mice. After six months, the mice fed the new formula had a 96 percent improvement in retinal DHA compared to those given the standard DHA supplements.

The mice were given doses equivalent to 250–500 mg of omega-3 fatty acids every day. Human trials are needed to determine the safety and effectiveness of LPC-DHA in humans.

Anne Frances Johnson, “New Form of Omega-3 Could Prevent Visual Decline with Alzheimer’s Disease,” March 27, 2023, ASBMB.org

Add milk to your coffee to supercharge your immune system

Coffee seems to be good for us—and adding milk to the brew makes it an even healthier drink.

The combination gives the drink anti-inflammatory properties that help boost our immune cells, and especially our white blood cells that fight bacterial and viral infections.

It’s down to simple chemistry, say researchers from the University of Copenhagen. Coffee beans are rich in polyphenols, antioxidants that reduce oxidative stress, and milk is full of proteins. Putting them together makes immune cells twice as effective at fighting inflammation.

In animal studies, the researchers were surprised to see just how quickly the polyphenols and proteins in white coffee reacted to each other. They reckon they would see similar effects in any drink or meal that combines polyphenols and proteins, such as a meat dish with vegetables, or a smoothie drink that includes milk or yogurt.

There could also be something else going on.

People don’t easily absorb polyphenols, but adding protein to the mix seems to improve their uptake.

Polyphenols are found in fruits and vegetables, tea, coffee, red wine and beer—and adding a little protein could supercharge them.

J Agric Food Chem, 2023; 71(5): 2344–55
Food Chem, 2023; 403: 134406





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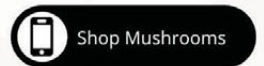
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COVID-19 NEWS

Covid vaccines should never have been fast-tracked



The Covid-19 vaccines were rushed out, avoiding standard safety trials along the way—but the low mortality rate of the virus never warranted jeopardizing public health, one of the architects of the UK's Covid response stated in private WhatsApp posts.

Prof. Sir Chris Whitty,

England's chief medical officer, told government ministers that any virus that had a mortality rate of 1 percent would need a "very safe" vaccine that underwent full clinical trials. "For a disease with a low mortality, a vaccine has to be very safe so the safety studies can't be shortcut," he posted in the government's Vaccine Response WhatsApp group.

The Covid-19 mortality rate is around 0.4 percent, the US Centers for Disease Control said in 2020—although a little higher in vulnerable groups—and yet the vaccines were fast-tracked and safety trials were bypassed. Although health agencies have refused to release safety data, vaccine reporting systems, such as the US's VAERS, have been logging adverse events that are up to 1,700 percent higher than normal.

Sir Chris's views were never stated publicly but were revealed in a cache of WhatsApp posts that the then health secretary Matt Hancock had passed to investigative journalist Isabel Oakeshott to help her ghostwrite his Covid memoirs.

Lockdown Files Team, "Covid Not Deadly Enough to Fast-Track Vaccines, Chris Whitty Advised Ministers," March 7, 2023, telegraph.co.uk

Young women more likely to die from heart problems after AstraZeneca jab

Young women are more than three times more likely to die from heart problems after being given just one dose of the AstraZeneca Covid vaccine.

New statistics from the UK's Office for National Statistics (ONS) reveal the devastating effects of the jab on young women aged 12 to 29. Researchers found that cardiac deaths in the group spiraled three and a half times within the 12 weeks following vaccination.

The jab caused sudden cardiac arrest, heart disease and myocarditis, or inflammation of the heart. Young men didn't seem to be affected in the same way, the ONS researchers reported.

In terms of actual numbers, the vaccine was responsible for the deaths of six young women per 100,000 vaccinations. Overall, it caused 59 adverse reactions, including death, out of the 18 million doses given.

Don't get the Covid jab if you have a heart problem

If you have a heart condition, don't have an mRNA Covid jab, a new study has concluded.

The vaccine may cause long-lasting damage to the heart if you already suffer from

myocarditis, or inflammation of the heart muscle, researchers from the University of Toronto have found.

Others may suffer from typical symptoms of heart problems, such as shortness of breath, palpitations and chest pains, even though myocarditis isn't diagnosed.

But most people who don't have myocarditis before having the vaccine shouldn't suffer from myocarditis-like symptoms after having it, they said.

Although it's possible that the mRNA jabs cause myocarditis, the risk is very low, the researchers add.

They monitored the heart health of 54 people for a median of 72 days after an mRNA Covid jab. Of these, 17 had myocarditis symptoms and had preexisting heart problems, another 17 had symptoms but hadn't been diagnosed with myocarditis, and 20 didn't display any symptoms of heart problems.

Radiol Cardiothorac Imaging, 2023; 5(2): e220247



Massage Therapist Blown Away By CBD & CBG Sports Gel That Got Beefy Back On His Feet



Lord Ian Botham has made his second miraculous comeback since Headingley 1981, and it's all thanks to this Sports Gel:

July 2022, when Ian Botham was at his least mobile, his son Liam sent him a tube of EthicaCBD Sports Gel...

“3 weeks later he was walking around Sunningdale” - Liam Botham, Ex Professional Sportsman

Within 3 weeks of using the soothing gel, Ian was back walking around Sunningdale golf course and in September 2022 he returned to competitive golfing, playing 3

rounds at the Dunhill Links. Prior to receiving the Gel, Sir Ian had not walked a course for over 2 years.

Ben Pianese, owner of popular London massage clinic 'Massaggi', says his clients also noticed an **“almost immediate improvement in their range of motion and overall comfort, even after just a few minutes of massaging”**:

“As a professional sports massage therapist, I'm always on the lookout for new and innovative products that can help me deliver the best possible results to my clients. That's why I was excited to try out EthicaCBD Sports Gel, and I have to say, I was blown away by the results.

First of all, the gel itself is made with high-quality ingredients and contains a potent quality of CBD, which is known for its anti-inflammatory and pain-relieving properties. When I applied it to my clients, I noticed an almost immediate improvement in their range of motion and overall comfort, even after just a few minutes of massaging.

What impressed me the most was the long-lasting effects of the CBD gel. Unlike other products I've tried in the past, it didn't

just provide temporary relief, but seemed to actually facilitate healing in the soft tissue, leading to a more sustained improvement in my clients' symptoms.

Overall, I would highly recommend EthicaCBD sports massage gel to anyone looking for a safe, effective, and natural way to enhance the benefits of their massage therapy sessions. It's become a staple in my practice, and I'm confident it could benefit yours as well.”

- Ben Pianese, Owner Of Massaggi (London)

Alongside experts and icons, retail outlets are seeing similar benefits:



“This magical stuff should be called a Mobility Gel, rather than a Sports Gel.” - Sean Jack, Owner Of HPT Sports (Bude)

Chatting with Sean Jack at HPT Sports in Bude, who is seeing the benefits of the Sports Gel as both a stockist and a user, he shared that he thought the product should be called something else

other than a 'Sports Gel', because it's helping a wide variety of customers with their aches and pains - not just sporty types. Sean personally uses the Gel in the mornings to help with the crooked neck he wakes up with, and his best customer is in fact his mum, who's seeing notable daily benefits using the gel on her joints.

Following glowing reviews from a spectrum of customers, and after receiving compelling testimonials from Ian Botham and other sporting icons like Nigel Owens

and Matt Le Tissier, it's become clear that EthicaCBD underestimated how powerful this formula would be for helping 50+ individuals improve their mobility - it's so much more than a sports gel. Aches and pains certainly don't discriminate, and as Ian quite rightly says:

“People should use it. If they need it, use it.”

- Lord Ian Botham, Sporting Icon



EthicaCBD spent 2 years developing this complex formula, hoping to find the perfect way to combine CBD & CBG with loads of naturally therapeutic botanicals. Based on the response they're having from people of all walks of life, it looks like they might've found that perfect recipe.

“Let's get the world moving again. It's only natural.” - *Ruarri Spurgeon, Director of EthicaCBD*



Who are EthicaCBD?

**Ethica
CBD**

EthicaCBD are a Cornish brand who've managed to make a global impact in the last year, even earning a win at the World CBD Awards for their cosmetic products. As the name says, EthicaCBD have gone to great lengths to ensure that every aspect of their business is as ethical as possible. They're known for creating “the highest quality ethical CBD for people & planet”, so every decision they make holds customer wellbeing and environmental protection as a priority.

“Sometimes you can do all the talking in the world, but when it comes down to it, it's gotta work... and this really works”

- Lord Ian Botham

It works. See for yourself
ethicacbd.com/cbd-gel



What's your poison?

Around 70,000 people are claiming their cancer was caused by the heartburn remedy Zantac, which contained high levels of NDMA, a powerful carcinogen

A powerful cancer-causing compound has been discovered in 10 prescription drugs. More than 70,000 people who believe they developed cancer while taking one of the drugs—the heartburn remedy Zantac—have filed lawsuits in US courts.

The compounds are nitrosamines, identified in the 1970s as the most potent carcinogens yet discovered. They have been found in batches of some of the world's most prescribed drugs, including the antihypertensives Avapro (irbesartan) and Cozaar (losartan), the antidiabetic medication Glucophage (metformin), and the stop-smoking aid Chantix (varenicline).

Nitrosamines were detected in batches of the antihypertensive Diovan (valsartan) in 2018, and a year later, the same online pharmacy discovered high levels of NDMA (N-nitrosodimethylamine), a form of nitrosamine, in every batch of Zantac (ranitidine) it tested. It alerted the US's drug regulator, the Food and Drug Administration (FDA), which banned the drug in 2020.

Even before the ban was imposed, around 12 countries had already pulled Zantac from stores, and GSK had stopped manufacturing it.

It was quite a fall for a drug that in the 1980s had been the world's best-seller, achieving more than \$1 billion in sales every year. The ban was extended to any drug that had ranitidine as its active ingredient, and there have also been 250 voluntary nitrosamine-related recalls since then.

Prove it

Ranitidine is linked to at least 10 cancers, and people who have lodged lawsuits have reported developing cancers of the bladder, esophagus, liver, pancreas and stomach. Many of the cases are from army veterans who developed cancer after taking Zantac, which was routinely handed out to US armed forces.

Pharmaceutical analysts at Morgan Stanley, the investment bank, say that drug manufacturers could face judgments totaling up to \$45 million—if the drugs can be proven to be the cause of the cancers.

Thus far, things aren't looking good for the plaintiffs. Last December, the district court for Southern Florida dismissed thousands of claims because “there is no widespread acceptance in the scientific community of an observable statistically significant association between ranitidine and cancer.” In response to the ruling, a GSK spokesperson said the company was pleased that “unreliable and litigation-driven science did not enter the federal courtroom.”

Levels of nitrosamines found in recalled batches of Zantac were four times the safe limit—so high that they could cause cancer in one in every 3,000 users

Other bellwether cases are being heard in courts across America this year, and these will help claimants and their lawyers assess the likelihood of a successful outcome and the settlement figure, if any. One plaintiff settled his claim before trial after accepting a payout of \$500,000.

Lawyers are appealing the Florida judgment because NDMA is a recognized carcinogen and the amounts discovered in the Zantac samples were far above safe levels. The FDA revealed that the ranitidine tablets they tested contained four times the allowable limit of NDMA.

Although nitrosamines are found in drinking water and processed meats, just one person per 100,000 develops cancer after eating or drinking them at safe levels over a long time—but levels found in recalled batches of Zantac were so high that they could cause cancer in one in every 3,000 users. Under a milligram of it causes cells in mice to mutate, and 2 g kills a person in a couple of days.

There's also the possibility that other pharmaceuticals contain nitrosamines that haven't been detected. It's suspected the contaminants are getting into the drugs during the manufacturing process—which suggests any drug being made in plants with low quality controls could become contaminated.

Breakdown

But in the case of Zantac, its active ingredient ranitidine breaks down into NDMA while it's on the pharmacy shelf or exposed to heat, and it can transform into the carcinogen when it reaches the stomach. This instability was detected when Glaxo—as it was then known, but today trades as GSK—was developing the compound in the 1970s.

According to papers it has submitted to the courts as part of the discovery process, “Glaxo had been warned by its own scientists and independent researchers about the potential dangers,” say researchers with *Bloomberg Businessweek*, who were given access to the court papers.

“Over the years, the company also backed flawed research designed to minimize concerns and chose not to routinely transport and store the medication in ways that could have eased the problem. Glaxo sold a drug that

ALL ABOUT NITROSAMINES

It's hard to avoid nitrosamines. Around 300 of the organic chemicals have been identified, and they can be found in vegetables, water and dairy products. They are also created when meats are grilled, cured or processed. Around 30 of them have been classified as carcinogenic, although the dose and exposure determine whether someone gets cancer from consuming them.

NDMA (N-nitrosodimethylamine), which has been found in Zantac, is a nitrosamine that was classified as a carcinogen in 1956 and was thought to raise the risk of liver cancer. In laboratory tests, it caused cancer in every type of animal that was given doses. It was also an ingredient in rocket fuel, although it is now actively used only in medical tests.

nitrosamines

might harm people, tried to discount evidence of that and never gave anyone the slightest warning.”¹

The profit motive may have had a part to play. Glaxo had its sights fixed on Tagamet, Smith Kline & French’s heartburn remedy, which was the world’s best-selling drug at the time. Its researchers quickly developed ranitidine, and the FDA was just as speedy in approving it in 1983.

In 1986, Tagamet became the first drug in history to achieve billion-dollar sales—yet just a year later, it was overtaken by Zantac. The drug generated half of Glaxo’s revenues for years and was its most profitable product. It dominated the heartburn and ulcer remedies market with a 53 percent share.

According to court papers, Glaxo ignored inconvenient naysayers about the possible hazards of ranitidine. In 1969, US government cancer researcher William Lijinsky had discovered that nitrosamines can form in the stomach, especially if nitrite chemicals from cured and grilled meats, beer and coffee—foods that are common causes of heartburn and acid reflux—were also present.

His early observations were ignored, although a report published two years before Zantac was granted approval found that ranitidine could form a cancer-causing compound in the stomach. Italian researcher Silvio De Flora discovered that ranitidine led to “toxic and mutagenic effects” if it was mixed with nitrite and gastric fluid.²

Another scientist, Richard Tanner, found that ranitidine formed a carcinogen—later known as NDMA—when it was mixed with nitrite. He made this discovery a year before Zantac was approved, but he was an employee of Smith Kline & French, Glaxo’s bitter rivals in the heartburn remedy market, and so his findings were discounted as a display of commercial partiality.³

Though Tanner’s study was published, Glaxo kept it from regulators. Its own researchers also noticed that ranitidine was an unstable substance that changed when exposed to heat or humidity, and NDMA started to form. Again, this observation was kept from regulators.

Change the color

After Zantac was approved, problems continued to pop up. It was getting harder

NITROSAMINE DRUGS

Ten pharmaceuticals have been banned or had batches recalled due to levels of nitrosamines. Since the problem was recognized in 2018, drug companies have recalled more than 250 batches of their drugs.

Zantac (ranitidine) The FDA banned the popular drug in 2020 after amounts of the nitrosamine NDMA four times above safe levels were found in tested batches. Sanofi’s heartburn remedy, Zantac 360, has not been banned because its active ingredient is famotidine.

Avapro (irbesartan) Batches of the antihypertensive were recalled in 2021 after high levels of the nitrosamine N-nitrosoirbesartan were found. The supplier, Lupin Pharmaceuticals, announced that it had stopped marketing the drug.

Cozaar (losartan) Batches of the antihypertensive

were recalled in 2018. The source was traced back to a manufacturing plant.

Glucophage (metformin)

The FDA detected high levels of NDMA in batches of the antidiabetic remedy in 2020, and batches made by several manufacturers were recalled.

Tazac (nizatidine) The ulcer remedy was plagued by recalls in 2020. Three lots were taken off shelves across the US, and the oral version was removed a few months later. All the batches contained NDMA.

Accupril (quinapril)

Five batches of the antihypertensive were recalled in 2022 after levels of N-nitrosoquinapril were discovered.

Rifadin (rifampin) The FDA discovered nitrosamine impurities in several lots of the antibiotic in 2020.

Januvia (sitagliptin) Batches of the antidiabetic medication showed traces of the nitrosamine NTTP (nitroso-

STG-19) in tests carried out in 2022. Levels were above safe limits, but the FDA allowed Merck to continue supplying the drug.

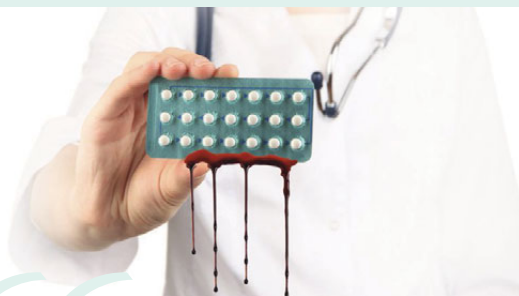
Merck has said it has upped quality controls at its manufacturing plants to ensure it meets FDA requirements.

Diovan (valsartan) This antihypertensive drug started the nitrosamine saga in 2018 when high levels of NDMA were discovered in some batches of it. Since then, the FDA has ordered dozens of recalls of the drug.

The problem has been traced back to an active ingredient that is manufactured in China.

Chantix (varenicline)

Shipments of the smoking cessation remedy were stopped in 2021 after testing discovered unacceptable levels of the nitrosamine N-nitroso-varenicline.



Glaxo sold a drug that might harm people, tried to discount evidence of that and never gave anyone the slightest warning

to hide ranitidine’s instability from pharmacies, which began to report that the pills were changing color when they were on the shelf. Glaxo’s solution was to change the pill’s original color so that any discoloration was harder to detect.

Glaxo was keen to keep a lid on any alarms as it was going through the

process of producing a milder version that could be sold over the counter (OTC) without a prescription. The FDA duly complied, and the drug was granted its OTC license in 1996.

Health agencies around the world have recognized that nitrosamines—and NDMA in particular—cause cancer, although the poison is in the dose and exposure. Although the amounts of NDMA in Zantac samples have been way above safe levels, the 70,000 who believe they got cancer because they wanted something to ease their indigestion will have to prove a direct causal link to Zantac to win the day.

GSK has set aside \$40 million to fight the cases—but not a cent to settle damages, which gives an indication of the way the wind is blowing.

Bryan Hubbard

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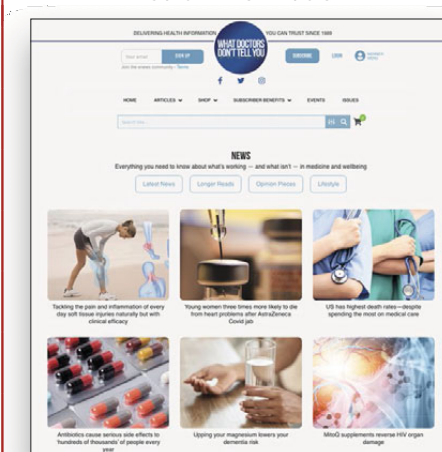
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16 health hacks for every generation

We used to call them tips, but today they're hacks: simple things to help make you healthy. Here are a few from *WDDTY* for you to consider

Generation Z isn't interested in health advice or tips—they're into health hacks. There are even conferences and exhibitions devoted to health hacks, which are essentially simple things you can bring into your everyday life to improve your health.

One of the first hacks was the idea of putting butter in your morning coffee. Like butter itself, the idea spread—although it's not something *WDDTY* has tried.

But if that doesn't sound quite like your cup of coffee either, there are plenty of other simple hacks you can try instead.



Engage at dinnertimes

Make it a house rule that nobody at the table uses their phones. Instead, you have to talk to each other. A tough one, but give it a go.



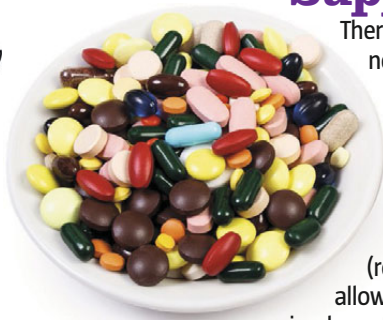
Walk

Think of walking more instead of driving or taking the bus. And when you are confronted by a flight of stairs, don't reach for the elevator call button—walk up the stairs.

Supplement

There are some vital nutrients your body needs, including vitamins C and D, magnesium, omega-3 and zinc. You need others, of course, but these are essential for maintaining good health.

Don't take the RDA (recommended daily allowance); it's hopelessly inadequate. As a rough rule of thumb, you should be taking 10 times the RDA every day.



Sleep

Make sleep a priority. Getting seven hours of sleep at night is vital to maintain good health.

Have a calming cup of herbal tea a couple of hours before retiring, turn off all mobile devices an hour before going to bed and make sure the bedroom is dark. Reading a book in bed before turning off the lights can also help make you mellow.

Stand on one leg

Sounds a little strange, but it strengthens your core muscles and abs.

Start the day with berries

Add blackberries and strawberries to your breakfast. They help improve mental functioning, something to take seriously as we get older.



Drink

Make sure you're drinking enough liquids every day. The optimum is anything from 2 to 4 L (and some studies suggest 6 L). But since that includes all liquids—such as those from vegetables and fruits—you'll be surprised at how much you're consuming.





Green tea

Drink four or five cups of green tea every day. It's full of polyphenols and anti-inflammatory compounds that keep your immune system in good shape.



Appreciate things

Scientists are only starting to understand the mind-body connection and how a positive disposition does wonders for the immune system. So, start appreciating things around you, from your family and your home to nature.



Veg out

Eat the "power veg" every day, including mushrooms, broccoli and brussels sprouts. Adding lemon to drinks also helps boost your vitamin C intake.

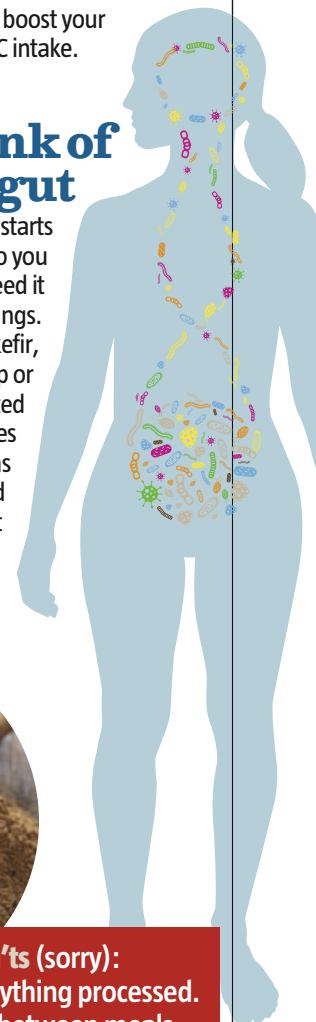


Fasting

Try fasting once or twice a week. It can be done in many ways, but here are two: restrict the hours when you eat, allowing 12 to 14 hours between meals. As that includes the time you're sleeping, it isn't so hard to do. Alternatively, restrict the amount you eat on a fasting day to just 700 calories or so.

Think of your gut

Everything starts in the gut, so you need to feed it the right things. Include kefir, miso soup or fermented vegetables such as kimchi and sauerkraut in your daily diet.



Think cinnamon

Sprinkle a little cinnamon on your morning eggs, porridge or smoothie to help maintain energy through the day.

Don't sit after eating

Try to walk around, or at least stand up, after you've just eaten. This is especially important after lunch, when you can feel tired and want to nap—not great if you're about to have a meeting with the boss.



Breathe

Sounds obvious, but breathing properly is important for body and mind. Find time every day for short sessions of deep breathing, when you take deep gulps of air and hold them in your lungs for a few seconds before releasing slowly.

And a few don'ts (sorry):

- Don't eat anything processed.
- Don't snack between meals (and if you need some between-meals fuel, make them healthy snacks such as a handful of nuts).
- Don't stress about things you can't change.
- Don't sit around all day staring at a screen.
- Don't hide from the sun—you need at least 15 minutes every day in the summer months.

BREATH FOR THE BRAIN

Hyperbaric oxygen is being used to treat a host of brain conditions, from stroke to cognitive impairment. Celeste McGovern investigates



Keren Trebelsi, a 46-year-old mother of two and CEO of an international cosmetics company, was on a flight from South Africa to Israel two years ago when she began to feel unwell.

By the time the plane landed, she was “really not well.” Her husband rushed her straight to the hospital, where she was admitted for an ischemic stroke in the right side of her brain.

The left side of her body was paralyzed, and after she underwent a three-hour surgery, the prognosis was not good, she recalls. “They weren’t optimistic. They thought it didn’t look good at all.”

In the months following her stroke, the paralysis in her arm and leg became less concerning than the changes she noticed in her mental function. “It was almost like my mind was playing ping-pong. I was feeling so stupid all the time,” she says. “Filling a form on the internet was such a struggle.”

Keren wondered how she could ever go back to work and function. “I was like, oh my gosh, how will I ever be able to cope in life? It was very, very scary.”

Fortunately, she happens to know Shai Efrati, a professor at the Sackler School of Medicine at Tel Aviv University (TAU). Efrati is a leading researcher in the field of raising oxygen concentration in patients with brain damage. He’s also a founding director of the Sagol Center for Hyperbaric Medicine and Research, which treats up to 200 patients with hyperbaric oxygen each day. He got Keren into hyperbaric oxygen therapy.

The healing power of oxygen

Hyperbaric oxygen therapy—or HBOT—is exposure to pure oxygen in a pressurized chamber. It differs from the oxygen delivered through a mask in a hospital, for example, because the pressure forces more oxygen to be dissolved in the blood plasma and diffused into tissues throughout the body.

“If you’ve ever been on a commercial airplane, you’ve been in a hyperbaric chamber,” explains Edward Fogarty, a radiologist from North Dakota who has published papers on HBOT for brain damage. The difference is that with HBOT, you are breathing 100 percent oxygen.

The increased air pressure in the chamber leads to improved cellular oxygen delivery, which is why HBOT so effectively treats carbon monoxide poisoning, for example.

The higher pressure of oxygen also compresses bubbles. HBOT has been used for decades to treat conditions in which dangerous gas bubbles develop in people, such as decompression sickness, or “the bends,” when deep-sea divers ascend too quickly and develop potentially fatal nitrogen gas bubbles in their tissue.

In the past decade, however, a tidal wave of research has shown that oxygen, which affects both oxidative and

antioxidant systems in the body, ignites cascades of anti-inflammatory reactions, triggering proliferation of stem cells and a host of growth factors that catalyze the healing process.¹

Among its many actions, HBOT stimulates the growth of new blood vessels, or angiogenesis. It promotes brain-derived neurotrophic factor (BDNF), which is like Miracle Gro for new nerve cells in the brain. BDNF increases brain metabolism, improves the blood-brain barrier’s permeability and charges production of glutathione, the body’s super-antioxidant.² It even improves insulin sensitivity.³

HBOT has also been shown to lengthen telomeres, structures on the ends of each chromosome that offer a measure of cellular aging. In other words, it slows the aging of our cells.⁴

“It’s almost like driving a Ferrari on the road to recovery, versus driving your old beaten-up car,” says Keren. “My physiotherapist couldn’t believe how fast I was improving. It got to a point where one day, I just could walk, with a walker, but I was standing, and I could walk.” Now, she walks 4 kilometers every day.

Some changes were completely unexpected. She had been told, for example, that she would never be able to feel sensation in her left hand again, but after her hyperbaric oxygen therapy, she was doing dishes one day when she felt the dishes slipping from her hands and the sensation began to return. Soon she was able to type.

More importantly for Keren, however, was the return of her cognitive abilities. “I used to really like doing puzzles, like crosswords and Sudoku . . . this was something I used to do in my free time, and I just couldn’t do it anymore.

“One day, probably halfway through my treatment, I sat down in the chamber, I put on my oxygen mask, and, wow, I could do it! I finished. I was so proud of myself.”

The effort likely paid off in long-term benefits beyond just boosted cognitive function. Since having a stroke significantly raises the risk of dementia, including Alzheimer’s, the oxygen therapy may have averted serious cognitive decline down the road.⁵

Niche, not mainstream (yet)

Many larger hospitals are equipped with hyperbaric oxygen chambers, which are used exclusively for 13 specific conditions approved by the US Food and Drug Administration. These include the bends, crush injuries, severe anemia, severe burns, radiation damage from cancer treatment, gangrene and sudden hearing loss. Stroke and many other brain conditions are not on the list.

Most recently, the FDA added non-healing diabetic ulcers to its HBOT indications.⁶ However, the use of oxygen to heal wounds goes back decades, showing that as many as three-quarters of persistent deep infections resolve with it.



How safe is hyperbaric oxygen therapy?

While there are many different types of HBOT chambers, the principle is the same: the person breathes oxygen in a mask while sitting or lying in a pressurized chamber. The pressure ranges from “mild”—just above sea level, which is 1 atmosphere absolute (ata)—to 2.0 or 2.5 ata and should never exceed 3.0 ata.

“Soft” chambers typically reach a pressure of only 1.3 ata, and these are most common in private clinics and homes. They can be rented or purchased in the US and don’t require extensive training to use. Hospitals and many clinics use “hard” chambers that provide pressure of 2.0 to 2.5 ata.

The number of “dives” that a patient is advised to take varies based on their condition, from one or two for an acute problem to 40 to 60 sessions for a chronic condition. Sessions usually last one to two hours, often with periodic breaks of breathing room air rather than oxygen.

The most common side effect of hyperbaric oxygen treatment is middle ear barotrauma—also known as “airplane ear” because it often occurs while flying in an airplane. It can range from a feeling of fullness or pressure in the ear to muffled hearing but is usually tolerable and resolves within minutes to a few days after HBOT.

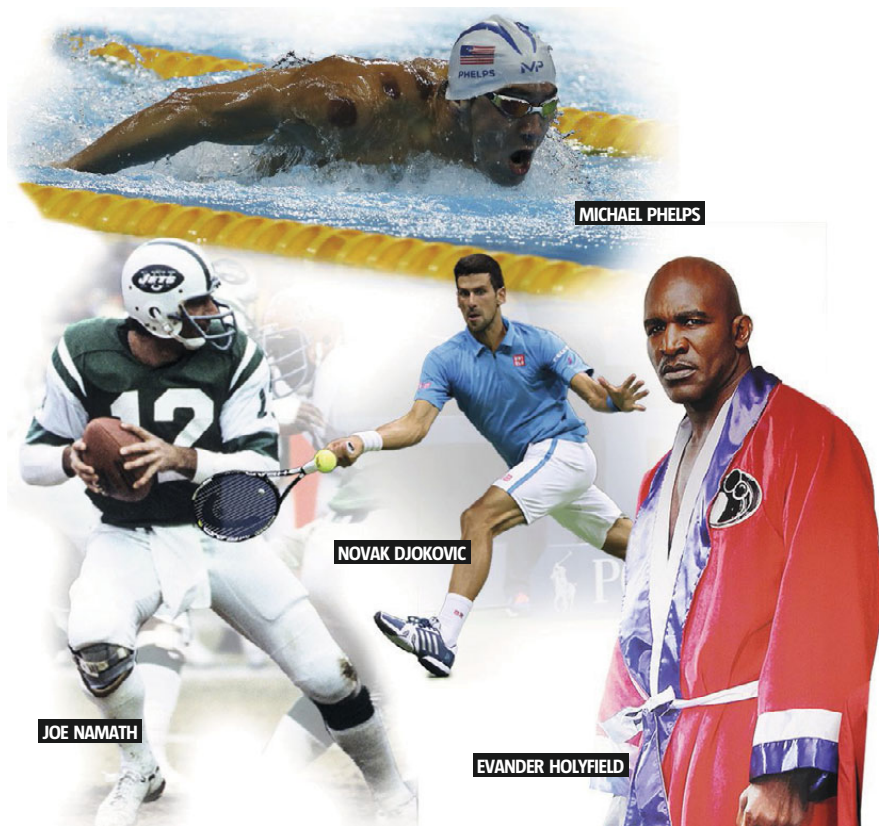
Other complications include headache, claustrophobia, reversible myopia (nearsightedness) and, very rarely, seizure. Most of those complications are mild and reversible when the treatment is stopped.

Cataract formation has been described as an extremely rare side effect, most often occurring with a high number of dives, usually more than 150 sessions.¹

At lower pressures in “soft chambers” and with dives lasting under an hour, side effects are substantially reduced, but many of the studies on brain conditions are conducted at higher pressures of 2.0 to 2.5 ata.

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MICHAEL PHELPS

NOVAK DJOKOVIC

JOE NAMATH

EVANDER HOLYFIELD

PROFESSIONAL ATHLETES
HAVE SUNG THE PRAISES
OF HYPERBARIC OXYGEN.
TENNIS CHAMPION
NOVAK DJOKOVIC
EVEN BROUGHT HIS
CHAMBER TO THE US OPEN
IN 2019

A study published in April this year examined a total of 774 diabetic wounds treated by HBOT. Of those, 472 (61 percent) completely healed, 177 (22.9 percent) partially healed, 41 (5.3 percent) deteriorated, and about 10 percent went on to be amputated.¹⁴

In the United Kingdom, about 60,000 people have diabetic foot ulcers, and the National Health Service amputated 27,465 affected lower limbs and toes between 2015 and 2018.¹⁵ Nevertheless, health authorities still say they are waiting on more evidence before they approve oxygen therapy.

That, unfortunately, is the stance of most of mainstream medicine regarding HBOT. Since oxygen can't be patented, oxygen therapy doesn't have the sponsorship of pharmaceutical companies, and it's given only a glance in medical school. Hospital hyperbaric chambers are reserved mostly for rare conditions like the bends and as a sort of last-ditch effort for only the most "treatment-resistant" wounds.

In the medical literature, however, emerging evidence is stacking up for HBOT's ability to treat a wide range of conditions—from aiding in stroke and heart attack recovery and restoring brain function in children who survived near-drowning accidents to reversing cognitive decline, including even diagnosed Alzheimer's disease. In animals, HBOT has aided in recovery following spinal cord injury.¹⁶

Recent studies point to HBOT's use in treating Covid-19, including lingering long Covid after-effects of the virus's lethal spike protein, as well as fibromyalgia and even childhood trauma.

The long practice of using hyperbaric oxygen to treat addictions and damage from drug and alcohol abuse, in the United Kingdom in particular thanks to hyperbaric pioneer Dr Philip James, has new research to support

it.¹⁷ Dr James, emeritus professor of medicine at the University of Dundee in Liverpool, has studied and promoted HBOT for decades and is a world-renowned expert on the treatment.

In the US, dozens of companies sell hyperbaric chambers for personal use in homes or in private practice. But north of their border, Health Canada so strictly regulates the machines that this is nearly impossible, and there are fewer chambers across Canada than in the state of Florida.

In private practices, HBOT is used to treat a variety of conditions that hospitals neglect: wounds, cerebral palsy, multiple sclerosis, blast injuries in veterans, concussions and post-traumatic stress disorder.

Athletic associations like the NFL have hyperbaric oxygen chambers for post-workout recovery, and many players own their own home HBOT chambers. Tennis champion Novak Djokovic even brought his chamber to the US Open in 2019.

Former football superstar Joe Namath swore that HBOT saved his brain after multiple hits to the head in the game over the years, and swimming champ Michael Phelps and boxer Evander Holyfield have sung the praises of hyperbaric oxygen, too.

Opening minds

While ESPN sports network dismissed Namath's "dubious" HBOT oxygen therapy and his recovery as a placebo effect, one of the hottest emerging fields is its use in the treatment of stroke, traumatic brain injury, cognitive impairment and neurodegenerative diseases, which are all entangled.

Tel Aviv University's Dr Shai Efrati views many of these conditions as "biological wounds"—the difference being that you can't see a brain wound with the naked eye. Advanced scanning techniques, including SPECT (single-photon emission computed tomography) and perfusion MRI (magnetic resonance imaging), which shows blood flow to the brain, easily make areas of tissue damage visible in brains that look normal on ordinary MRI scans.

Just as there are areas of dead, necrotic tissue surrounded by living, active wound tissue in diabetic ulcers, so there are dark areas of no activity in the brain, which are necrotized and can't be revived. Nevertheless, they are surrounded by living tissue that has the potential to rejuvenate.

To heal flesh wounds, such as diabetic ulcers, the area needs to be flooded with oxygen so that stem cells can move in, and new blood vessels will grow and perfuse the area. So too with brain wounds.

In one of his landmark studies a decade ago, Dr Efrati and his colleagues, including Professor Eshel Ben-Jacob of the Tel Aviv University School of Physics and Astronomy and the Sagol School of Neuroscience, recruited post-stroke patients whose condition was no longer improving to undergo HBOT.

Seventy-four participants ranging from six to 36 months post-stroke were split into two groups. The first



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HYPERBARIC OXYGEN

Oxygen is undoubtedly of utmost importance. Our survival is reliant on it, as a mere few minutes without Oxygen would be fatal. It is essential for the healing process, as proper levels within cells and tissues are a prerequisite for recovery. This vital element serves as the most crucial building block that our body needs to function and perform effectively, ultimately amplifying the body's innate healing capabilities.

Unlike other nutrients, our body lacks a mechanism to store Oxygen internally. Hyperbaric Oxygen alters the internal environment, eliciting an epigenetic response that enhances cellular functions and promotes regeneration. It helps to improve mitochondrial function and efficiency, it helps to produce more energy and build new blood supply for further oxygenation, cell nourishment, and removal of toxins; and it helps in the release of massive amounts of stem cells in our bone marrow and brain.

Hyperbaric Oxygen is one of the most well researched therapies. It involves breathing close to 100% Oxygen in a whole-body pressure chamber (the normal atmosphere contains 21% Oxygen) which allows a significant amount of extra Oxygen to reach all damaged tissues and helps the body upregulate the healing process.

Normally, Oxygen is transported by red blood cells, but Hyperbaric Oxygen (through the introduction of a greater amount of Oxygen under greater pressure) allows the oxygen to dissolve into the plasma, making it more readily available in tissues, organs, the central nervous system, bone, etc.... increasing Oxygen supply in areas where the circulation is diminished. Therefore, access to this heightened supply of Oxygen allows the body to self-heal and self-regulate. This has a wide variety of benefits in almost every area of the body.

Hyperbaric Oxygen is a simple, relaxing, non-invasive, painless modality with a wide variety of clinical studies for numerous conditions, both acute and chronic. It has been used and made popular by sportsmen to speed up their healing, recovery and improve endurance, as well as celebrities for biohacking and enhancing their performance at physical and mental levels, and anti-aging.

More recently, Hyperbaric Oxygen gained popularity for treatment of Long Covid, and this is supported by clinical studies.

Oxygen stimulates the activation of circulating stem cells while fostering the growth of new capillaries and enhancing microcirculation through a process called angiogenesis. Additionally, it encourages neurogenesis, which is the formation of new nerves and connections in the brain and spine, thus promoting increased plasticity. Through these processes, Oxygen has been demonstrated to alleviate brain fog, boost memory, improve reaction time, and enhance multitasking capabilities. It also slows down the development of Alzheimer's and Dementia and helps to improve Diabetic Neuropathy.

The 2019 Nobel Prize in Physiology and Medicine was given to the study of Oxygen Sensing and corresponding Immune Response Signals.

"HBO activates approximately 8101 genes, regulating the anti-inflammatory growth and repair hormones whilst down regulating the genes responsible for the inflammation process and cell death."

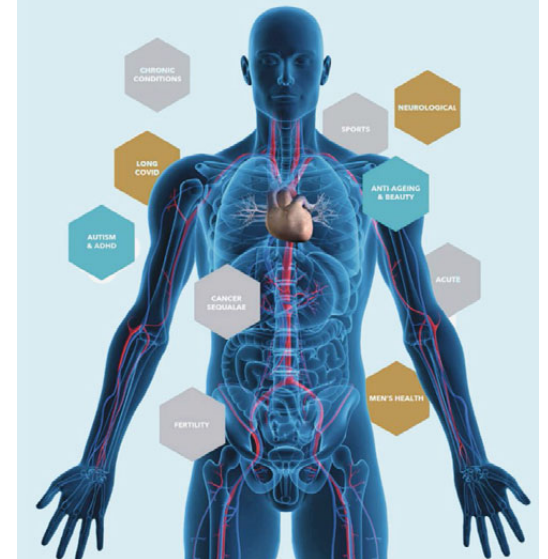
- Paul G. Harch, MD.

REPAIR
RECOVER
REGENERATE
REVERSE AGEING

"The fundamental cause of all degenerative disease is a condition called Hypoxia; Oxygen deprived at a cellular level."

- Dr Otto Warburg, Nobel prize winner in Medicine 1931

Clinical Studies on Hyperbaric Oxygen Include



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treatment group received forty 90-minute sessions of HBOT five days a week from the beginning of the study, and the second received no treatment for two months, then received a two-month period of the therapy.

Scans showed increased brain activity after the HBOT treatment compared to after control periods. What's more, patients reported improvements including reversal of paralysis, increased sensation and improved speaking ability—demonstrating that even years after a stroke, new neurons can grow and brain injury can be ameliorated.¹¹

The changes that HBOT induces in the brain can dramatically impact a person's life. Cindy Parsons started receiving HBOT therapy at the Aviv Clinic—a recently opened Florida satellite of Dr Efrati's clinic in Israel—four years after she had a stroke and was finally able to improve her speech, comb her own hair and drive a golf cart.

The Israeli researchers confirmed their findings with another study in 2015 of 91 patients who had either ischemic or hemorrhagic strokes three to 180 months before HBOT therapy. The patients showed significant improvements in all memory measures after the treatment, which correlated with improved brain metabolism on images.¹²

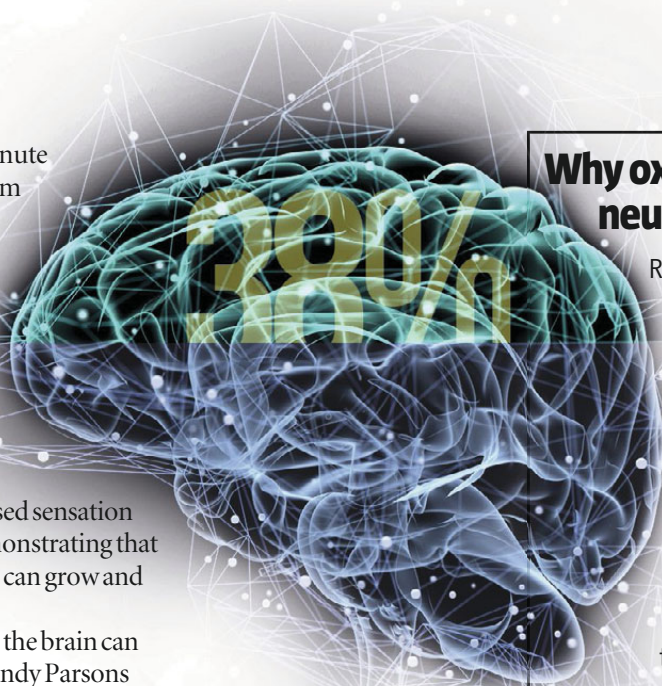
Since then, a growing number of studies and case reports have documented healing of brain injuries and cognitive disorders using HBOT. One case report was published by leading American HBOT doctor Paul Harch of Louisiana State University School of Medicine and radiologist Edward Fogarty of the University of North Dakota in 2018. A 58-year-old woman diagnosed with rapidly progressing Alzheimer's disease was treated with hyperbaric oxygen for 50 minutes per day, five days a week, for eight weeks.

Before-and-after brain imaging using fluorodeoxyglucose (18FDG) positron emission tomography (PET) scans clearly showed increases of up to 38 percent in brain metabolism in select parts and all of her brain. These changes appeared in tandem with her improved ability to complete cognitive and physical tasks plus a better mood and quality of life.

The paper noted that this was the “first reported case” of HBOT improving Alzheimer's disease documented by PET scans, suggesting “an effect on global pathology in AD.”¹³

The Israeli researchers keep bringing more data to the picture. After demonstrating recoveries from traumatic brain injury similar to that following stroke,¹⁴ they published another critical study in 2020 led by Dr Amir Hadanny, this time looking at cognitive decline.

“The occlusion of small blood vessels, similar to the occlusions which may develop in the pipes of an ‘aging’ home, is a dominant element in the human aging process,” said Dr Efrati. “We found that HBOT induced



BEFORE-AND-AFTER
BRAIN IMAGING CLEARLY
SHOWED
INCREASES
OF UP TO
38%
IN BRAIN METABOLISM

Why oxygen heals neurodegenerative diseases

Research in the past decade points to a dearth of oxygen supply in some diseases that predisposes individuals to neurodegeneration afterward.¹⁵ So, hypoxia—or lack of oxygen—from injury, stroke or renal disease, for example, seems to play a major role in neurodegenerative disorders including Alzheimer's, Parkinson's, Huntington's and amyotrophic lateral sclerosis (ALS). Consequently, restoring oxygen has become an obvious potential target for therapy.¹⁶

Lack of blood flow in the brain leads to hypoxia, which has been observed in the early stages of Alzheimer's and correlates to a downhill slide, including accumulation of beta-amyloid and degeneration of neurons.¹⁷

Similarly, in Parkinson's, hypoxic brain injury enhances alpha-synuclein aggregation, a signature of the disease. And hypoxia creates and drives ALS as well. Occupations linked to low oxygen conditions, like being a firefighter, double the risk of developing ALS.

Another factor affecting the development of dementia and age-related cognitive decline is impaired microcirculation of blood in the brain, which has been associated with vascular cognitive decline. It makes sense that restoring blood flow, via flooding the system with oxygen, might help.¹⁸

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a significant increase in brain blood flow, which correlated with cognitive improvement, confirming our theory.”¹⁹

Chinese researchers confirmed these findings with their own 2020 study of Alzheimer's patients given just 20 days of “mild” (low pressure—see box, page 30) HBOT for under one hour per day.

Compared to controls, hyperbaric oxygen treatment significantly improved cognition in Alzheimer's patients at one month follow up—to a level much greater than that of the current leading drug, donepezil. However, the effect wore off.

In patients with mild cognitive impairment, however, enhanced cognitive function following HBOT lasted longer. Memory and cognitive scores were significantly improved at one-month and six-month follow-ups.

Images also showed improvement of glucose metabolism in brain regions associated with language

WHY HYPERBARIC OXYGEN THERAPY?

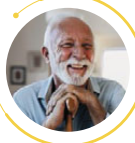
Oxygen fuels the body to promote faster and more effective healing!



henshaw
Hyperbaric Chambers

HOW IT WORKS

Mild Hyperbaric Oxygen Therapy (HBOT) saturates body fluids, tissues and cells with oxygen under pressure.



HEALTHY BRAIN

HBOT increases the number of stem cells that migrate to sites of brain injury and promotes the growth of new blood vessels in the brain.



INJURY, RECOVERY & ENDURANCE

HBOT means recovery times are reduced for athletes, performance is improved and endurance is enhanced.



HEALTHY AGEING

HBOT promotes fast repair of damaged skin cells, diminishing the appearance of lines and wrinkles.



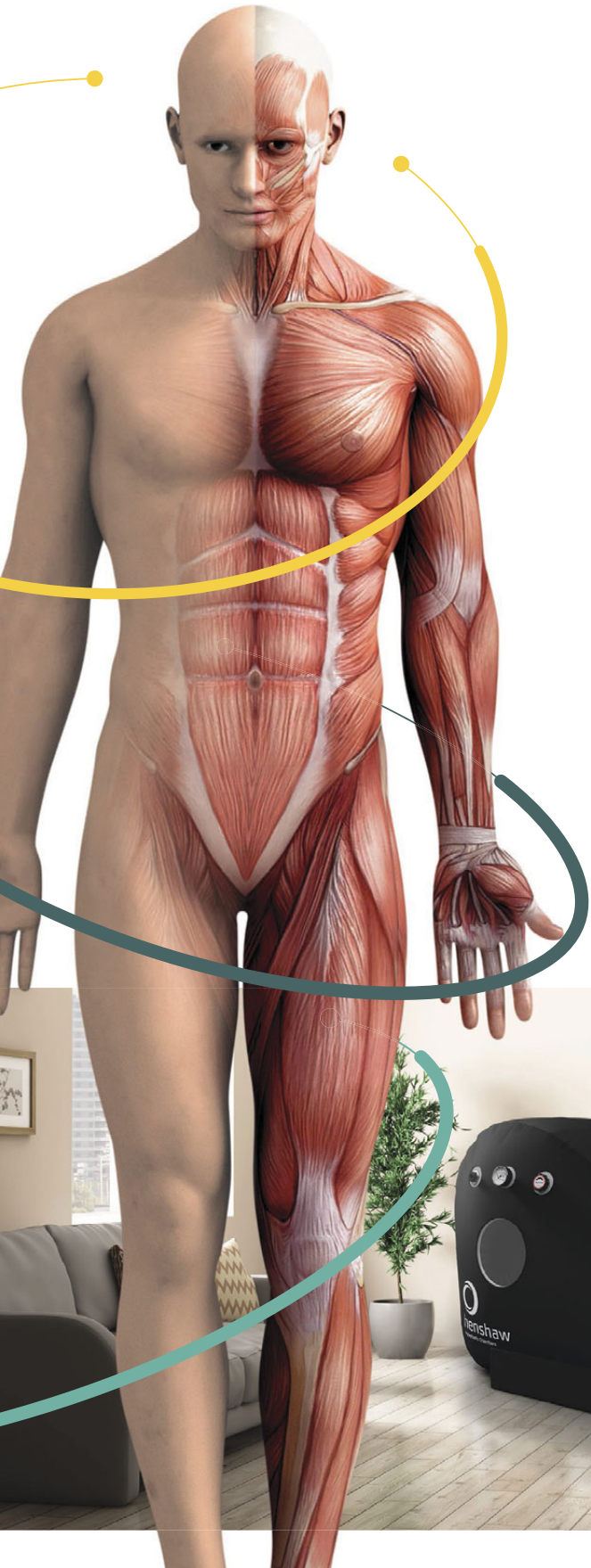
POST SURGERY RECOVERY

HBOT therapy can help reduce swelling, fight infection, and build new blood vessels, ultimately producing healthy tissue.



RELIEVE PAIN & INFLAMMATION

HBOT can provide quick, strong, and long-lasting pain relief while dramatically reducing inflammation.

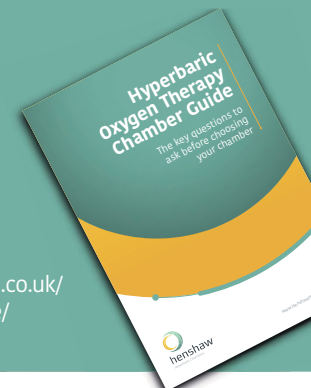


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function and memory. Glucose metabolism seemed to improve more in cognitively impaired patients than in AD patients, leading the researchers to conclude that “hyperbaric oxygen treatment might be a preventive strategy by blocking the conversion of [mild cognitive impairment] to [Alzheimer’s].”¹²

Proven effectiveness

Besides stroke and dementia, hyperbaric oxygen has also been used successfully to treat the following conditions.

Parkinson’s In one case report, a 45-year-old diagnosed with Parkinson’s, with significant tremors, suicidal depression, insomnia and severe weight loss receiving treatment for one month enjoyed a great reduction in tremors, regained 10 kg (22 lb) and returned to eight or 10 hours a night of sleep. His depression and anxiety scores were nearly halved as well.¹³

Fibromyalgia Although many doctors still dismiss fibromyalgia—pain in certain parts of the body—as psychosomatic, advanced imaging has revealed that fibromyalgia originates from damaged areas in the brain that control sensitization.

Dr Efrati’s mother, who had a wracking case of fibromyalgia and was unable to lift her grandbabies, has now recovered thanks to HBOT.

A follow-up study published earlier this year looked at 58 adults with fibromyalgia for more than a year with a triggering event of traumatic brain injury.

“Dramatic,” Dr Efrati says of the result. “Two out of five patients in the hyperbaric treatment group showed such a significant improvement that they no longer met the criteria for fibromyalgia. In the drug treatment group, this did not happen to any patient.”

What’s more, the average improvement in the pain threshold tests was 12 times better in the hyperbaric group than in a control group given medication. “And in terms of quality-of-life indicators, as reported by the patients, we saw significant improvements in all the indicators among the patients who received hyperbaric treatment,” says Dr Efrati.¹⁴

Although in this study the brain injury was caused by direct physical injury from an accident or blast wave, in a previous study the Tel Aviv University researchers showed that HBOT could help fibromyalgia patients with a history of childhood sexual abuse. They noted that any severe mental stress—especially if it causes dissociation from memories—can lead to brain injury that is similar to physical injury.¹⁵

Long Covid Several studies point to the benefits of HBOT for treating Covid-19, and it has also been studied for treating long Covid—the lingering effects of the disease that have been linked to a list of neurological diseases.¹⁶ A clinical trial is currently underway at the Karolinska University Hospital in Sweden to further explore the value of HBOT for long Covid.¹⁷



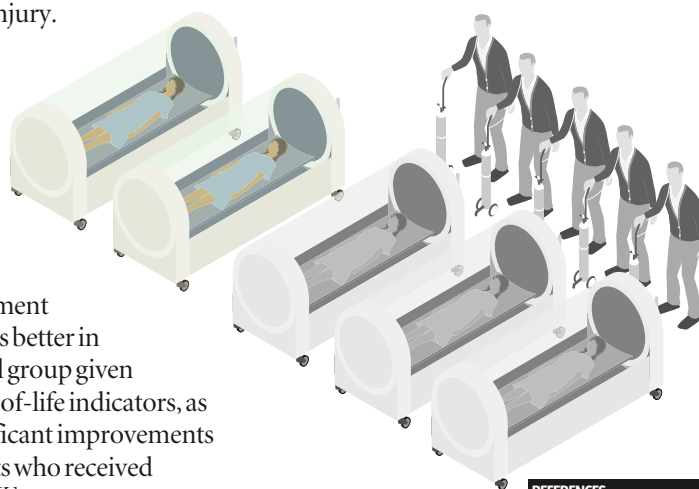
The “breathing” microbiome

The gut has long been considered an anoxic environment where only anaerobic bacteria flourish. However, that dogma is being reconsidered now that research has demonstrated that mice exposed to HBOT for nine days experienced a fivefold increase of tissue oxygenation and a shift in gut microbes observed in fecal samples with the growth of aerobic proteobacteria and actinobacteria.

It’s not known how these changes might affect the body, but actinobacteria are pivotal players in maintaining gut homeostasis, so theoretically, HBOT may affect the microbiome beneficially.

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“TWO OUT OF FIVE PATIENTS IN THE HYPERBARIC TREATMENT GROUP NO LONGER MET THE CRITERIA FOR FIBROMYALGIA. IN THE DRUG TREATMENT GROUP, THIS DID NOT HAPPEN TO ANY PATIENT”

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See page 58 for two companies offering hyperbaric oxygen therapy with discounts for WDDTY subscribers.

Blooming healthy

Anyone can keep their plants and garden in tip-top health with homeopathy, says homeopath Camilla Sherr

Homeopathy can bring amazing results not just for humans and animals but for plants too. When my mother's ornamental apple tree became infested with ermine moth, my husband, Jeremy, a homeopath like me, prescribed the remedy Lac Caninum (Lac-C) for the tree, based on its symptoms. Caterpillars had appeared in clumps and secreted a sticky white weblike substance over the tree's branches.

Four days after my mother tried the remedy, there was not one caterpillar left on the tree. When the apples next came into season, for the first time, they were sweet and juicy. It turns out it wasn't an ornamental apple tree after all; it had just been underperforming.

Agrihomeopathy, or agrohomeopathy as some call it, is the use of homeopathy to treat soil and plants. It's a nontoxic way to overcome pests, disease and environmental stresses like drought, frost and heat, and it promotes healthy soil, seedling growth, flowering and fruiting.

An intriguing Brazilian study shows the efficacy of the homeopathic principle of "like cures like" on poisoned seeds. In Brazil, there's a problem with high levels of aluminum in the soil, which is known to impair a plant's ability to absorb water and nutrients. The study's goal was to see how homeopathic preparations (Alumina and Calcarea Carbonica) affected seeds that were exposed to toxic levels of aluminum.

All of the test samples containing homeopathic preparations outperformed the control group, but



seeds treated with the homeopathic potency of Alumina stood out most. Compared to the control sample, they showed about 20 times the root growth.¹¹

Given in highly diluted potencies, a substance can overcome its own potential toxic effect.

A common way to reduce soil toxicity is to apply large amounts of fertilizer, which is costly and problematic for large areas of land. This study shows that agrihomeopathy offers inexpensive and simple ways to solve complex environmental problems.

Soil: the foundation of plant health

Like humans, plants need a balanced diet that's rich in vitamins and minerals to stay healthy, and much of that comes from the soil. Balanced soil greatly improves a plant's immunity to diseases.

When I started working with a Tanzanian farmer some 10 years ago to help him convert a coffee farm from chemical to organic agricultural methods, the first thing I had him do was a soil test. This allowed me to identify any nutrient deficiencies and prescribe the right homeopathic remedies. One month later, another soil test showed we'd achieved perfectly balanced soil.

Soil tests are important as they are inexpensive and take away a lot of the guesswork. Soils can have deficiencies that are specific to regions. For example, boron is notoriously scarce in Kilimanjaro, where I live.

Farmers in this region are currently in dire straits because they can no longer afford commercial fertilizers. Prices have quadrupled in recent years, so agrihomeopathy is a welcome solution. And unlike commercial fertilizers, it doesn't create more problems due to chemical runoff into waterways.

Ultimately, healthy soil means healthy food and healthy people. The foundation of our health is our food, yet we have depleted soils. Agrihomeopathy is an inexpensive way to strengthen our plants so they can pass on to us the full spectrum of nutrients for ongoing good health.

In fact, Dr Harold Foster, a medical geographer at the University of Victoria in Canada, found that AIDS was epidemic in most sub-Saharan African nations, except Senegal. In his book *What Really Causes Aids* (Trafford, 2002; free ebook at alternativehealth.co.nz),

Foster noted Senegalese soil had the highest levels of selenium in Africa. He concluded that the lack of selenium in other countries' food-producing soils helped AIDS spread on the continent. Selenium is essential for immune function and response.

I believe agrihomeopathy is a simple way for everyone in the world to have access to nutritious food.

Think like a gardener

Even if you're not a farmer, agrihomeopathy can be beneficial on a personal level in your own home. And the best thing is you can get started with limited knowledge, and still have success. Think like a gardener, and you'll be on the right track.

Ultimately, healthy soil means healthy food and healthy people. The foundation of our health is our food, yet we have depleted soils

You can use the plant "buddy" system, like companion planting, to great effect. *Ocimum basilicum* (basil), in its homeopathic form, acts as a constitutional remedy to tomatoes. It strengthens the plant, and some claim it also makes the tomatoes taste sweeter.

On the flip side, if you have an aphid infestation on your roses, spray the homeopathic remedy *Coccinella*—it's made from the aphid's natural enemy, the ladybird (or ladybug in the US). It's a simple bio-pest control method without the need to find live ladybirds.

This is also a solution for commercial gardeners. Instead of purchasing expensive supplies of ladybirds from a bio-pest company—and possibly causing other issues by upsetting the harmony of the environment—growers can spray the aphids with *Coccinella*.

The beauty of homeopathy is that there's no need for a diagnosis. Instead, homeopathy works with the symptoms.

Camilla's guide to using homeopathy for plants

Applying remedies to plants or soil is generally easy, but there are a few things to consider:

The rule of thumb Add two drops (or globuli) to 1 L of water—rainwater preferably. Tap water is fine, but no sterilized water.

Do not use a watering can Once you use a container for a remedy, it is very hard to clean the remedy out of it. If possible, keep a spray bottle or water bottle exclusively for that remedy. If this isn't possible, the container needs to be thoroughly washed in hot water and then allowed to fully dry between remedies.

Always wear rubber or latex gloves Protect your skin when handling remedies, or you could end up getting a dose as well as the plant.

With homeopathy, less is more One to two sprays on a plant surface are sufficient.

Be aware of the wind Spray downwind to use it to your advantage for large areas and let it carry to plants downwind.

It doesn't matter what part of the plant receives the dose In general, water the roots. For aphids on roses or other insects, spray the leaves and flowers, but it wouldn't hurt to water the remedy into the roots as well.

Plants don't like alcohol Don't apply alcohol-based remedies straight onto a plant.

Homeopathic remedies work alongside pharmaceutical medications It's not a case of one or the other.

When it comes to potencies, use what you have on hand Agrihomeopathy is an emerging field, so trial and error are part of the journey. Keep notes to remember what you've learned along the way.



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The Challenger is designed to stimulate these natural forces, triggering automatic responses from the muscles and nervous system in a constantly changing, high-intensity rhythm, boosting circulation, flexibility and poise. With a virtually unlimited choice of ways in which you can engage different parts of the body, the Challenger is as versatile as it is fun to use.

The whole family can benefit, from children who love its adaptability and instant feel-good factor, to fitness and martial arts fans, right through to seniors keen to stay toned and keep muscles supple, and to help keep bone loss at bay.

Clinical studies have reported WBV-induced increases in strength, power and performance in young healthy adults*. Yet the benefits for older individuals and those with less than optimal health may be even more valuable.

A range of clinical studies* show a broad spectrum of improvements, including flexibility and bone density, fat loss, lowered blood pressure, reduced hardening of the arteries and relief from low back pain.



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*Clinical Study references are available on request.

**Trials with 42 participants: age range 39-85 years.

Our popular adaptation of the "Chi Machine" concept: the FlexxiCore Passive Exerciser – endorsed by Practitioners

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Research has shown that back pain is very often the result of a chronic inability to relax, both physically and mentally. Research also shows that rocking motion helps to synchronize brain waves and calm the nervous system.



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Excerpt from an Article on Back Care by an Osteopath (Daily Mail: 6 November 2010)

Osteopath Garry Trainer reported on six gadgets that can help with back care - but only after pointing out his reservations:

"I am a skeptic when it comes to back gadgets. At best many don't work, and at worst they could do damage. But I understand that back pain sufferers are often in such agony they are willing to try just about anything, and pay anything, to find relief. If you have even a moderate back problem for more than six weeks, get it checked out by a physician. If they don't have anything helpful to say, see an osteopath or other back expert. In the meantime, it is worth experimenting with some tried and tested gadgets – and, yes, there are some I recommend, despite my reservations. Here are six that I believe really work."

Of the 6 products Garry reported on, this was his comment on the FlexxiCore Passive Exerciser: "BEST LUXURY OPTION: Great for back maintenance, but this won't provide pain relief if you already have a problem. Lie down with your feet on the ankle rests, and the whole body starts to oscillate – it's a very nice sensation. The effect stimulates the circulation, and keeps the soft tissues loose and supple."

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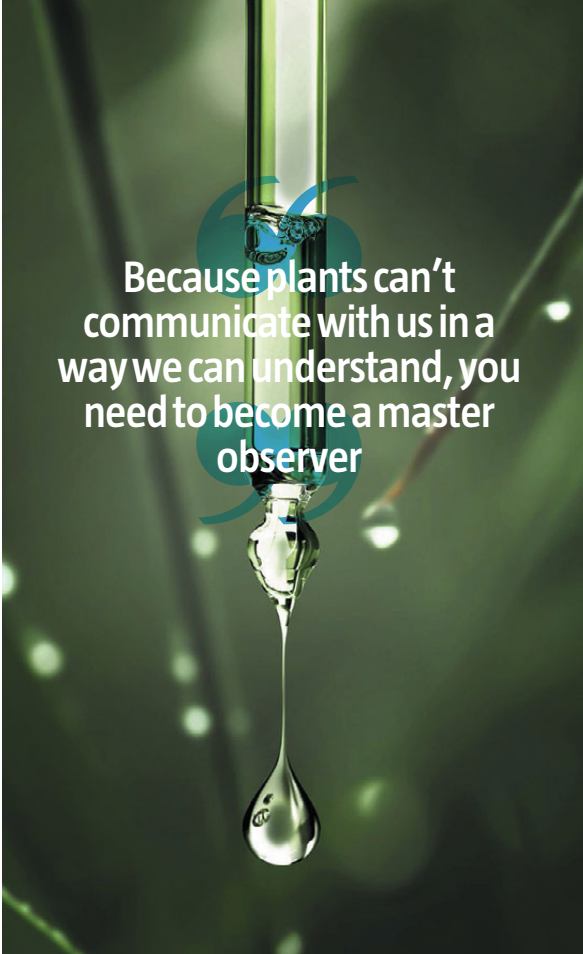
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Plant diagnosis is difficult as many bacterial, fungal, viral or mineral deficiency issues can appear similar, which is true for humans as well.

Because plants can't communicate with us verbally or expressively in a way we can understand (animals are easier to assess because you can get a sense of their personality), you need to become a master observer. Examine the plant and translate what you see into symptoms. Then choose a remedy that covers the overall picture of the plant. See my guide on page 37 for a few key points to consider and the table below for a list of common plant problems and their homeopathic solutions.

I encourage everyone to learn more about agrihomeopathy and try it out in their gardens or on potted plants. You'll be amazed at what you can achieve with even just a little bit of knowledge.

Reporting by **Connie Woolston**



Because plants can't
communicate with us in a
way we can understand, you
need to become a master
observer

Your plant first aid kit

Here are some common plant problems and the homeopathic remedy I would use to counter them. Unless otherwise specified, use low potencies (6c–12c) to treat the soil and higher potencies (30c, 200c) to treat an acute case, such as an insect infestation.

Plant problem	Remedy
Aphids	Cimicifuga Sulfur at the end of the growing season to prevent infestation the following year
Cabbage fly	Azadirachta Indica
Spider mites	Theridion
Snails	Helix Tosta
Brown, dry leaf tips and edges	Kali Nitricum
Deficient soil	Use remedies that correspond to nutrient deficiencies determined by a soil test or my Balanced Soil product, available at rootsandwingshomeopathy.ie
Drought	Silica, Dulcamara
Waterlogging	Natrum Sulphuricum
Frost	Aconite
Heat injury	Sol, Cantharis
Injuries caused by transplanting or repotting	Arnica
General injury	Arnica, Aconite, Calendula
Root rot	Thuja

Top tips for growing healthy plants

Water your garden with Calendula 30c at the beginning of spring. It will heal any damage that has occurred over the winter and protect your plants from fungal, viral and bacterial infections.

Give Silica 30c to your seedlings. They will grow into healthy, strong plants.

For root stimulation, soak seeds in Arnica, Phosphorus or Silica.

Find out more

- If you would like to learn more, you can purchase Camilla's webinar series *Homeopathy for Plants and Garden*. The first session is free so you can test out whether agrihomeopathy is for you.

Visit the following page to register for the webinar:

<https://www.eventbrite.co.uk/e/agri-homoeopathy-with-camilla-sherr-tickets-620142933207>

- To purchase one of Camilla's Agrihomeopathy Kits, visit rootsandwingshomeopathy.ie. These kits are designed to take the guesswork out of agrihomeopathy. They use a blend of remedies to support soil health, encourage plant growth and provide protection through extreme weather.



Camilla Sherr, FSHom, PCH, is the co-founder and director of **Homeopathy for Health in Africa (HHA)**, an NGO that treats HIV/AIDS and offers low-cost homeopathic healthcare in Tanzania, East Africa. She is an international

lecturer and teacher at the **Dynamis School for Advanced Homeopathic Studies**. In 2016, Camilla was awarded a Fellow of the **Society of Homeopaths (FSHom)** in the UK. She has been the president of the **Finnish Society of Homeopaths** since 2020.

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SOMETHING IN THE WATER

Fluoride and chlorine, added to many water supplies, turn out to be a killer combo for your thyroid. Cate Montana investigates

When Bill Osmunson was in dental school back in the 1970s, fluoridation of water and the use of topical fluoride on patients' teeth were heavily promoted.

"There was only one instructor who had reservations," says Osmunson. "He said one of the reasons people developed goiters in some places was because people were not getting enough iodine, but also because they were getting too much fluoride, which also affects the thyroid."

In the face of vast medical and public approval of water fluoridation, Osmunson dismissed the information, going on to establish a dental office in Canada and eventually moving his practice to the state of Washington (smilesbellevue.com).

Because city water was fluoridated, but not the water in outlying areas, he decided to make a game of trying to guess where a new patient lived based solely on looking in their mouth and the number of dental caries (aka cavities) they had. "About 90 percent of the time, I was correct when I said that the patients with the least amount of decay came from urban areas where the water was fluoridated," he says.

"I was so convinced that fluoride had benefits, I gave my children prescription fluoride, because our local water supply didn't have it. Fortunately, my wife was slack on giving it to them, and she almost never did."

It took Osmunson years to get beyond his medical conditioning. After all, his own informal in-office surveys were telling him fluoride worked great, and fluoridation was (and is) a simple and immensely profitable procedure for any dentist's office. At that time, he says, fluoride treatments cost him approximately \$10,000 a year and brought in about \$250,000 worth of revenue annually.

Inconspicuous injury

The tipping point came when he was walking down the hallway at his office one day and saw a basketful of crushed toothpaste samples. Curious, he picked up a sample and read the label. "It was a real shock," he says. "The label read, 'Use a pea-sized amount of toothpaste. If more is used, contact the Poison Control Center.'"

Osmunson started researching and discovered that fluoride was indeed a toxic poison. Studies were proving that it had neurotoxic effects on both children and adults and that it accumulated in the body's cells, especially the bones and the pineal gland, contributing

to everything from insomnia to inflammation, cognitive disorders and lower IQs.

He learned that his in-office surveys, along with the surveys conducted by the American Dental Association, municipal water boards, the EPA, the CDC and the FDA, were skewed. "When I looked at my patients and thought they were benefiting from fluoride, I was wrong," he said. "I was not looking at fluoride. I was looking at socioeconomics. The people in town made more money than people out in the country. They had more healthcare access. They could afford to take better care of their teeth. Of course they had fewer dental caries."

The CDC staunchly defends its position that fluoride is "safe and effective," but, as Osmunson points out, it's not examining the most important variable: socioeconomics. "They're not looking at the statistics pointing to the fact that long before fluoridation was introduced into public water systems, there was already a drastic reduction in dental caries in urban populations because of improved health and living conditions."

Dangerous doses

Despite the casual addition of various forms of fluoride to public drinking water throughout the United States, Canada, Australia, New Zealand and Ireland, fluoride itself is actually a medication prescribed as a liquid, gel and chewable tablet intended to prevent tooth decay by strengthening the teeth and getting rid of cavity-forming bacteria. It is the dosage—the number of milligrams of fluoride in the product—that determines whether it can be purchased over the counter or by prescription only.

According to the US-based Fluoride Action Network, for which Osmunson is now a spokesperson, over 95 percent of all toothpastes in the country contain fluoride. The amount of toothpaste doctors recommend for daily use is no larger than a small pea. But who puts a small dab of toothpaste on their toothbrush?

TV commercials slather enormous blobs of toothpaste on a toothbrush in close-up shots. And yet a modest strip of toothpaste covering the bristles of a child's small toothbrush is estimated to contain 0.75 to 1.5 mg of fluoride—which already exceeds the amount in most prescription fluoride supplements, 0.25 to 1.0 mg per dose. It also exceeds the recommended dosage from the National Institutes of Health (NIH) in the US, a maximum of 1 mg fluoride for children age eight and under, and most likely exceeds the maximum recommended dosage of 2 mg for children up to age 13.¹¹

Because we are encouraged to brush twice a day with massive amounts of toothpaste, multiply this dosage by two. As a result, the average child—and adult—using

LONG BEFORE FLUORIDATION WAS INTRODUCED INTO PUBLIC WATER SYSTEMS, THERE WAS ALREADY A DRASTIC REDUCTION IN DENTAL CARIES IN URBAN POPULATIONS BECAUSE OF IMPROVED HEALTH AND LIVING CONDITIONS

The different forms of fluoride

Calcium fluoride is frequently found in water from natural sources such as streams, springs and wells. It is the least toxic form of fluoride because the calcium and magnesium molecules naturally found in water bond with the fluoride, resulting in an inert substance.

But fluoride additives used to fluoridate drinking water in the United States are fluorosilicic acid, sodium fluorosilicate, and sodium fluoride.¹ Fluorosilicic acid, which is a byproduct of phosphate fertilizer production, is most commonly used because it is the cheapest.

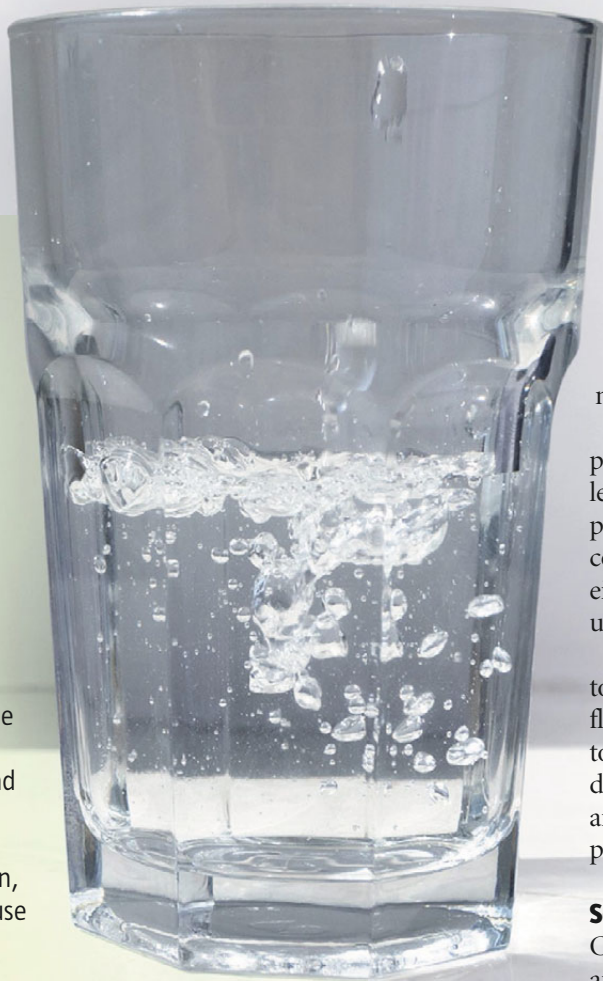
Fluorosilicic acid is a colorless “fuming” liquid with a strong smell, and it is corrosive to metals and body tissue. According to the CAMEO database of hazardous materials, when dissolved in water, fluorosilicic acid releases heat and corrosive fumes, which, if inhaled, can severely damage mucous membranes.² When ingested in liquid form, it can cause severe burns of both the mouth and the stomach. Fluorosilicic acid dissolves iron and aluminum, which is probably why many municipal water supply systems still using iron pipes have corrosion issues.

Sodium fluoride is a colorless crystalline or white powder labeled as a toxic, corrosive poison that is used as an insecticide. It is also used to manufacture cleaning compounds. Ingestion may cause abdominal pain, diarrhea, vomiting, thirst, disturbed color vision, convulsions, collapse and acute toxic nephritis.³

Sodium fluorosilicate is a fine, white, odorless powder that is corrosive to both living tissue and glass. It is toxic when inhaled, ingested or touched. It is used as a rodenticide (rat poison). Contact with skin causes rashes, burning and ulcers.⁴

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fluoridated toothpaste is likely ingesting 3 to 4 mg of fluoride a day, which is up to the recommended daily amount for men.

Fluoridated drinking water (including foods and beverages prepared using municipal drinking water) is thought to account for about 60 percent of the fluoride people ingest. But the amount of fluoride people absorb is steadily increasing as more and more fluoridated dental products, such as mouth rinses, gels and varnishes, hit the market.

People also absorb fluoride from mechanically deboned meat, teas, pesticide residues on food crops, and pharmaceutical medications such as antihistamines, antacids, antidepressants, anti-anxiety medications, steroids and appetite suppressants.⁵

The US Environmental Protection Agency advises public water suppliers to notify the public if fluoride levels reach higher than 2 mg/L, and it permits levels in public drinking water of up to 4 mg/L. If a child or adult consumes the recommended daily amount of water—eight glasses at 8 oz each—they may well be absorbing up to 8 mg of additional fluoride a day from water alone.

Add to that another 3 to 4 mg of fluoride from toothpaste, plus additional fluoride from mouth rinses, floss, medications and foods, and it’s not unreasonable to see that most men, women and children are being dosed with 12 to 15 mg of fluoride every day—an amount vastly over the allowable dosages for prescription fluoride medications.

Serious side effects

Children who get too much fluoride while their teeth are forming can develop a condition called dental fluorosis, a staining and pitting of the teeth. But this is just the tip of the iceberg.

According to the NIH, swallowing “large amounts of fluoride from dental products or dietary supplements” can cause a wide range of health issues: stomach and abdominal pain, nausea, vomiting, diarrhea, joint pain, stiffness, nerve problems, muscle loss, and possibly even death.⁶

BESIDES CAUSING ACUTE REACTIONS, FLUORIDE CAN CAUSE LONG-TERM HEALTH PROBLEMS, SUCH AS ALZHEIMER’S DISEASE AND LOWER IQ IN CHILDREN

Acute reactions are not rare. “In the past, I had patients vomit in the parking lot because they swallowed the fluoride in a treatment,” says Osmunson. “Unfortunately, it made them sick. Fortunately, they vomited it up rather than keeping it in their bodies.”

Besides causing acute reactions, fluoride can cause long-term health problems. It has been linked to the onset of Alzheimer’s disease.⁷ Ever-increasing numbers

of studies also show that fluoride is a neurotoxin that lowers IQ in children.⁸ One study shows that children living in high-fluoride areas, where fluorosis is

Mitigating your consumption of fluoride and chlorine

Though fluoride and chlorine (see page 45) enter the body from many sources, we can take steps to lower our exposure, including filtering the water we use, avoiding certain products and eating organic foods.

Filter your drinking water

“The best thing to do is to filter the water in your home and carry your own water with you at all times so you don’t have to drink tap water in restaurants, et cetera,” says Dr Kristin Neumann. “Of course, the best water to drink is fresh water from the mountains.” Unfortunately, unless you go to the source, fresh water from the mountains is almost impossible to obtain. And although bottled waters advertised as natural spring water are free of fluoride and chlorine, many bottled waters, because they are simply filtered tap water, still contain traces of both. If you can’t get bottled spring water, go with brands labeled as distilled water or water that has been purified via reverse osmosis.

Beware standard countertop filter models using an activated carbon filter such as Brita and PUR filter pitchers. These are ineffective against fluorides. Most do a better job with chlorine, but activated charcoal is usually only about 95 percent effective against chlorine.

The following are some other key steps you can take.

Filter your bathing water

Buy an under-the-counter model or have a whole-house filtration system installed so you won’t have fluoride and chlorine in your shower and bath water.

Get a water quality report from your water provider to find out what’s in the water, and in what amounts, so you know what level of filtration system you need.

Be sure to research any filtration system before purchasing or installing it.

Avoid all products that contain fluoride

This includes toothpastes, gels, mouthwashes, rinses and many medications. Avoid fluoride treatments at the dentist. There are many natural dental products on the market that make a point of not including fluoride. Buy those.

Eat organic

Many fertilizers and pesticides contain fluorides that stick to the foods you eat. Eating organic is the best way to avoid this kind of contamination.

Also avoid processed foods that likely contain both fluorides and chlorine byproducts. One example is “mechanically separated” meats, especially chicken, because the process ends up getting bone particles in the meat that contain fluoride.

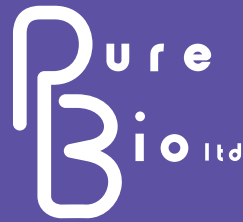
Cut out (or reduce) coffee and black teas

Coffee and tea plants pull fluoride from the soil and deliver it to you.

Never use Teflon-coated cookware

Teflon contains and releases fluoride in the cooking process.





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- It turns out that all matter has either a right turning or left turning “electrical spin.” Left turning is IMPLOSION, increasing energy, right turning Explosion, missing or spreading energy. In human body, cancer cells have a right spin, and healthy cells have a left spin.
- Polluted water, tap water, and even well water all have a right spin. Good, healthy, life promoting waters from pure springs all have left spins. Once the right turning spin of the pollutants is in the water, even when the pollutants are removed, the water retains the memory of the pollutants in its electrical make-up.
- Left spinning water has a tremendous amount of energy in it. That energy is transferred to the person who drinks the water. If water has a right spin, it will drain you of energy. If it has a left spin, it will give energy. I’d say that 99% of the drinking water, regardless of its source, is right spinning water (the unhealthy spin).

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prevalent, are five times more likely to develop a low IQ than children living in non-fluoridated areas.¹³

“It’s unbelievable,” says Osmunson. “The official story cited by a lot of water boards and health organizations is that for every dollar spent on fluoridation, people, on average, save \$38 in dental care treatments a year. But nobody’s talking about the millions, the billions of dollars of damage that we’re doing.”

“Just from an IQ perspective, if you look at the science, anything above about 0.2 ppm [parts per million] of fluoride in water—which is very common—is lowering IQ in fetuses and infants who are drinking that water by about three to five IQ points. Statistically, that adds up to about a \$500 loss in income per year for every point of lowered IQ for the rest of someone’s life.”

At levels of less than 0.5 mg/L, fluoride in drinking water also negatively impacts the thyroid and our production of hormones T3 and T4, which regulate metabolism and energy production in the body. In addition, it affects the level of thyroid-stimulating hormone (TSH), which tells the thyroid to produce hormones in the first place.¹⁴

“Practically every cell of the body is affected by fluoride, including the endocrine system,” says Osmunson. “Back in the 19th century, there were reports by doctors that hyperactivity could be taken care of by giving a child fluoride. And if it didn’t work immediately, to simply up the dose. Of course, it worked because fluoride affects the thyroid, negatively affecting our metabolism and our energy levels.”

Fluoride exposure has been linked to hypothyroidism in pregnant women, possibly disrupting fetal development.¹⁵ It has also been found to create calcification of the pineal gland in the brain—an endocrine gland that regulates biosynthesis (the production of biochemicals throughout the body), including the production of the hormone melatonin.¹⁶ Melatonin, of course, is responsible for regulating the wake/sleep cycle.

In addition, fluoride has been linked to cancer. Young boys who drink fluoridated water are five times more likely to develop bone cancer.¹⁷

And then there’s chlorine

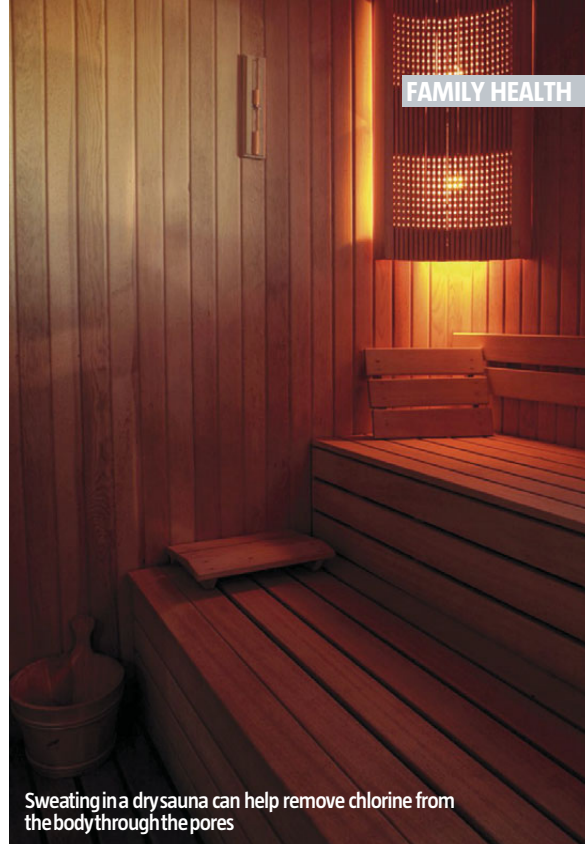
As if all the health issues created by fluoride weren’t enough, there are also serious issues to consider regarding another commonplace addition to surface waters supplying urban and suburban public drinking water: chlorine.

Without a doubt, the injection of chlorine into water supplies has assisted in reducing the number of illnesses and deaths related to infectious waterborne diseases the

Recommended daily fluoride dosages

The National Institutes of Health (NIH) in the US recommends the ingestion of various amounts of fluoride, in doses no greater than the following:

- Infants 0–6 months: 0.01 mg**
- Infants 7–12 months: 0.5 mg**
- Children 1–3 years: 0.7 mg**
- Children 4–8 years: 1 mg**
- Children 9–13 years: 2 mg**
- Teens 14–18 years: 3 mg**
- Adult men: 4 mg**
- Adult women: 3 mg**
- Pregnant/breastfeeding women: 3 mg**



Sweating in a dry sauna can help remove chlorine from the body through the pores

The poison called chlorine

Chlorine is a greenish-yellow gas with a strong, irritating odor used to bleach wood pulp and make other chemical compounds. It is so toxic, it may be fatal if inhaled. Skin contact can cause blisters and burns. Inhalation can cause chronic lung conditions, including bleeding.

Symptoms of acute exposure include tachycardia (rapid heart rate), hypertension (high blood pressure) followed by hypotension (low blood pressure), and cardiovascular collapse. Dizziness, anxiety, nausea and vomiting are other symptoms of exposure.¹⁸

To remove it from the body, try sweating it out in a dry sauna and take vitamin C, which neutralizes chlorine and chloramines. Chlorine kills bacteria in the gut, so taking a daily probiotic is vital.

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world over since the practice was first introduced in the early 20th century. However, there are healthier, more efficient and cheaper ways to treat drinking water than adding chlorine.

Dr Kristin Neumann, founder of the organization MyMicrobiome (mymicrobiome.info) in Bamberg, Germany, says chlorine is no longer used in many German water systems. Instead, municipalities there use high levels of filtration and bacteria to purify their water of toxins.

“Chlorinated water has an effect when we study it in the lab,” she says. “The difficulty is separating it out from other things and determining that one influencing factor impacting the microbiome. But just thinking logically, chlorine must have an effect—and not a positive one.”

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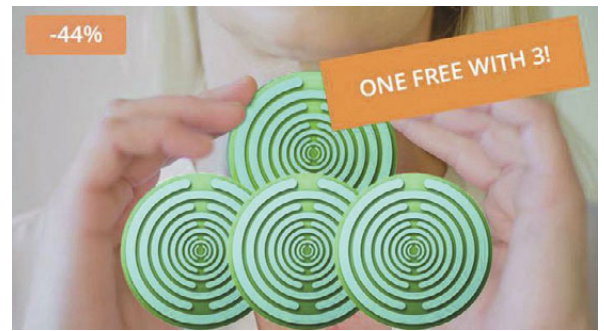
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Water chlorination can lead to the formation of “disinfection byproducts,” including trihalomethanes (THMs), a group of four chemicals that includes chloroform. Used as industrial solvents, THMs are associated with an increased risk of death from cancer as well as from other causes.¹⁰

THMs also negatively alter thyroid function¹¹ and heighten both allergic sensitivities¹² and asthma risk in young people.¹³ These mutagenic chlorination byproducts are associated with higher risks of breast, esophageal, rectal and bladder cancers in women¹⁴ as well as the risk of malignant melanomas.¹⁵

Because chloroform is an off-gas released from heating chlorinated water, simply taking a hot shower can be risky.¹⁶ Chlorine interacts with lipid contaminants in the water, creating free radicals that cause cell death (apoptosis) and contribute to atherosclerosis.¹⁷ One study discovered that pregnant women drinking five or more glasses of tap water containing over 75 parts per billion (ppb) of THMs per day had a nearly 10 percent risk of spontaneous abortion.¹⁸ Swimmers run the risk of developing chlorine rashes¹⁹ and other skin and eye irritations, as well as skin cancers.²⁰

For those looking at the research, the question naturally arises, “How can people—how can doctors—go along with and even recommend these dangerous water treatment methodologies?” Osmunson is quick with his answer.

“Nobody ever taught us in school that as doctors we can’t accept things on blind faith, that we have to challenge and test everything that we’re told, to have an open mind and make sure that what we’re doing is correct and make sure that the science behind what we’re doing hasn’t moved on. We need to be humble about what we do, because a lot of what we do is just plain wrong.”

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Getting fluoride out of the body

Once fluoride is ingested, most of it is stored in four main regions of the body: the teeth, bones, brain and pineal gland. The highest concentration is found in the bones and shows up as a condition termed skeletal fluorosis. Not much research has been done, but some studies show that methionine (an essential amino acid), combined with vitamin E, may prevent the accumulation of fluoride in the skeletal system.

Taurine is another supplement that seems to help because it enhances thyroid gland function. Choline, a nutrient similar to vitamin B, helps mitigate fluorosis by supporting energy production and brain function, both of which fluoride suppresses. Pomegranate juice protects against fluoride-induced liver damage in rats. No dosages have been determined for any of these supplements at this time.¹

The following are other ways to detox from fluoride:

Do a liver cleanse.

Eat liver-cleansing foods such as avocados, garlic, leeks and onions. Apples are great too. Artichokes stimulate your liver to produce bile.

Turmeric is believed to protect against the neurodegenerative effects of fluoride.

Iodine and lecithin are believed to remove fluoride from the body.

Studies show that the presence of selenium reduces the accumulation of fluoride in plants.² It just might help humans.

Calcium and magnesium deficiencies have been related to fluoride absorption. Supplementing with calcium and magnesium may help.

Dry saunas are good for sweating out any number of toxins.



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Not just a phase

Is your workout working against your hormones? Debra Atkinson explains why and how to exercise with your hormonal cycle for the best results

Exercise is a pillar of good health. We all know that. But for women, there's a lack of information about how hormones can mess with your desire and ability to exercise—and what you can do about it.

A recent study found that 86 percent of exercising women experience tiredness, fatigue and/or other menstrual symptoms that boost their chances of skipping exercise or a sporting event.¹

Only 39 percent of all exercise science and sports medicine research features girls and women.² However, we typically go through an average of seven phases of hormone changes. One of them occurs monthly in a 28-day (on average) cycle, and others, like pregnancy and pre- and postnatal changes, may never occur or may happen multiple times.

Without considering the effects of hormones on exercise, there's no way to support optimal performance or reduce the risk of injury. Hormones can mean you use more fat for fuel at certain times, are more prone to injury at others and are primed for strength gains during certain windows.

Working with your cycle

During a normal menstrual cycle, estrogen and progesterone take turns driving the process of maturing and releasing an egg and preparing the uterus for possible pregnancy. Estrogen rises in the first half of the cycle, peaks at ovulation, then falls in the second half as progesterone rises. Progesterone

is released by the rupturing of the egg follicle during ovulation.

Testosterone, too, is secreted in “surges” around the time of ovulation, perhaps as Mother Nature's way to increase our interest in sex, and again before menses. If there is no pregnancy, you have a period and the whole cycle begins again.

Let's explore each phase and how you can exercise in tune with your hormones. Women's experiences vary a great deal, so honor your own energy. That alone can improve your exercise results.

Menstruation/early follicular phase

Fatigue is a key symptom for many women during the bleed, which is the beginning of the follicular phase, and for the first few days afterward. Estrogen and progesterone are both at their lowest point just before your period.

If this is true for you, go for walks or do a restorative yoga session instead of more vigorous exercise. Gentler exercise is a proven method of relieving cramps and menstrual symptoms.³ If you're prone to pushing yourself hard through days you're not feeling it and you find your fitness level doesn't benefit, try backing off instead.

By around day 7, gradually rising estrogen levels will kick in. This is a good time to return to a regular strength training and HIIT routine if that's what you're used to. HIIT (high-intensity interval training) consists of short, intense bursts of exercise alternated with short rests.

If you like to work out and find it hard to take time off, your period can be a good time to do more functional workouts that involve unilateral (single-limbed) exercises. This allows you to reach muscle fatigue at lighter loads, which is less likely to tax your adrenal system while it's already dealing with menstruation. If pushing through tough workouts leaves you more exhausted, frame your period as an active recovery time that enables harder work when it's over.

Mid- and late follicular phase

As estrogen rises from the start of your period and progesterone remains low, you have a window when you may more easily make strength gains. Generally, within a week of their period starting, women feel able to do more volume and recover faster. This may be the most powerful you feel during the month.

Even though you may be able to tolerate more exercise, don't skip recovery (it's when fitness happens, after all). Try adding more weight, sets or repetitions rather than upping the frequency, which will forfeit the recovery needed to reap the rewards.

Continue to limit high-impact exercise and any that involves a rapid change of direction. Your rigid tendons (as a result of high estrogen) support strength gains since they afford the ability to lift heavier, but estrogen also causes laxity of ligaments along with reduced neuromuscular control,⁴ leading to easy injury. So, while you can do HIIT, focus on bicycling, swimming or elliptical training rather than multidirectional or high-impact options.

You could also still be tired at this time in your cycle. Whatever you're feeling, honor it with an appropriate training and recovery response.

Ovulation and the luteal phase

Ovulation occurs in the middle of the follicular and luteal phases. According to women's hormone expert Dr Jolene Brighton, it's a one-day event with still-peaking estrogen levels, when progesterone is cued to start rising.

The luteal phase is the last two weeks of your cycle, when many women begin



The state of women's exercise science

Science is still relying on women's diaries or apps to collect information. Women often report feeling their strongest and most energetic during days 7–14. This may have to do with better insulin sensitivity during this phase than in the luteal phase. The female body is primed to burn fat and gain muscle during this time.

A 2021 study showed no physiological evidence to support training timed relative to the menstrual cycle.¹ In other words, there's not enough data to show whether it works because data hasn't been collected consistently or in large enough amounts. But there is enough evidence to show a need to conduct more research.

Still, by understanding the known metabolic changes that occur with hormone fluctuations (as relayed in this article), a woman can better adjust her workouts and use energy fluctuations to her exercise advantage.

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to feel more tired or less motivated to exercise. As progesterone rises, because of its anti-estrogenic effects,² performance is lower than usual. It's when estrogen is high in comparison to progesterone in the cycle that performance increases. So, there is a dramatic difference for some women in the strength and energy they have in the first two weeks of their cycle compared to the last two weeks.

Many women also begin to have cravings related to premenstrual syndrome (PMS). Each woman is different, and you may feel good right up until the few days before your period or even be unfazed by it. Some of the changes may be related to the greater blood glucose instability and insulin resistance that occur with lower estrogen levels.

Continue to exercise, but reduce the intensity or the duration if your usual high-intensity workouts leave you exhausted.

You can also focus more on endurance and lower-intensity exercise like walking, yoga or Pilates.

To alleviate fatigue and cravings, try increasing your caloric intake. It may seem counterintuitive to women who are reducing their regular exercise to increase fuel, but metabolism is also a bit higher during this time.³ The body

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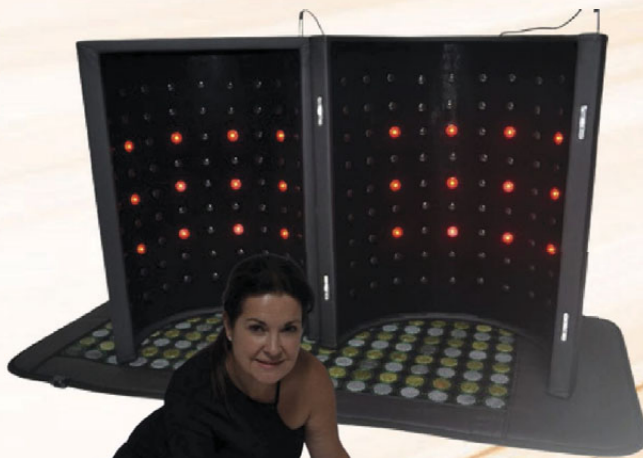
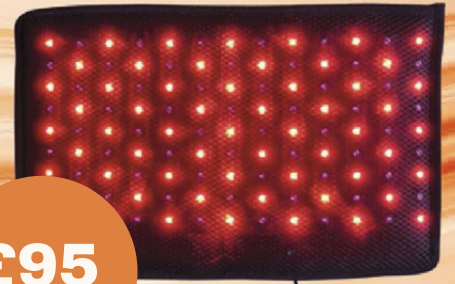


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Phasing your exercise

Here's a quick overview of hormones and their influence on exercise. Considering each woman's experience is unique, it may not be a perfect fit, but cycling periods of challenging exercise and more recovery-based exercise will likely bring big benefits.

PHASE	LENGTH	DETAILS	EXERCISE
Period	3–7 days	Low estrogen and low progesterone	During, energy is often at least briefly lower, a good time to do more functional (less stressful) workouts; as energy increases, return to more traditional strength and HIIT workouts
Follicular	14 days, starting with period	Progressively rising estrogen and low progesterone	Heavy strength training and HIIT but with minimal rapid directional changes or stress to ligaments, walking
Ovulation	1 day mid-cycle	Peak estrogen	Fleeting, so you may or may not catch this, optimal for strength and intensity
Luteal	Days 16–28	High estrogen and, by mid-luteal, high progesterone, then both fall	If energy wanes, taper off the heavy strength training toward end of phase, shift toward recovery activity like yoga, walking

will respond well to both lower-intensity exercise when you feel the need and an increase in high-quality proteins, vegetables and resistant starches (sweet potatoes, beans, legumes, brown rice).

Each woman responds uniquely. Some do best with intermittent fasting (a reasonable reduction in the daily hours during which you eat) during this time to benefit blood glucose levels. However, others do best increasing food intake to control cravings, boost energy and improve mood.⁴

What about testosterone?

The focus of the menstrual cycle is on estrogen and progesterone. Testosterone, however, has a role in exercise endocrinology that can't be forgotten. It is well known for its anabolic effects on muscle.

So when your testosterone level is high, you may feel a little stronger and benefit a little more from those workouts. Testosterone is also secreted in "surges" around the time of ovulation.

What about post-menopause?

The concept of periodization, this cyclical method of planning exercise, doesn't apply only to women who have a period, or even only to women. It's been a longtime tool of strength and



Four-week post-menopause cycling

- Week 1:** Functional strength (unilateral, multidirectional)
- Week 2:** Strength with power (moderately heavy with speed on lift)
- Week 3:** Hypertrophy (heavy with fewer repetitions)
- Week 4:** Endurance (lighter with higher repetitions)

conditioning coaches and personal trainers, used to produce optimal benefits with reduced injury risk.

To get the benefits of exercise, we must exert ourselves beyond the level of daily activities of life. For that extra exertion to be beneficial and not damaging, we must consciously plan our exercise and make time for adequate rest.

Both male and female athletes benefit from exercise periodization, for men minus the actual period, of course. Cycles of periodization exist within weeks, months and the year.⁵

For postmenopausal women, lower estrogen levels mean adequate intensity is needed more than ever to offset menopausal symptoms and increase muscle, bone and brain health. The best partner of adequate intensity is adequate recovery. So, cycling times of work with times of recovery is key to optimizing fitness. See the box at the bottom of this page for an example of post-menopause exercise cycling.

Cycling your exercise doesn't have to be complex, but it shouldn't be done by accident. Exercising with just a little more thought can give you the optimal energy and physical results you want and deserve. Period.

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Debra Atkinson, MS, CSCS, is CEO of Flipping 50 and creator of the Flipping 50 Menopause Fitness Specialist course for trainers and health coaches. She is a medical exercise specialist with nearly four decades of experience. Her career has included teaching kinesiology at Iowa State University, giving international presentations to fitness professionals for major fitness associations, and serving as a subject matter expert for the American Council on Exercise.

She's a sought-after speaker for reframing aging and teaching how to do it, and her TEDx talk is "Everything Women in Menopause Learned about Exercise May Be a Lie." She's a best-selling author and a frequent contributor at featured news outlets, and she serves on the education advisory board for Medfit.org.



Kitchen cupboard remedies

From cough- and cold-soothing syrups to anti-itch body creams, nutritional health coach Lizzie King shares a collection of her tried-and-tested natural remedies to help combat the rigors of modern living

Our world is glittering with natural ingredients. Botanicals have been used for millennia as remedies without damaging side effects for us or our planet, but in recent times they have been overlooked in favor of commercial, convenient and synthetic products, and so the health of our ecosystem and its biodiversity have been impacted.

Originally created for me and my family to thrive in optimal health, these are the ways I've found that we can enlist the natural world to help—a holistic approach from the inside out and the outside in. From tonics that aid sleep to balms for anxiety, from syrups for avoiding seasonal lurgies or coping with a sick bug to fizzing bath bombs, from edible face masks to lickable kitchen sprays, they have proven their efficacy time and time again through my lovely community on my blog *Lizzie Loves Healthy*. They benefit our whole selves with health for now and future-proofing for us all.

This is a compendium of my findings. I hope you fall in love with making them, eating them, healing from them and giving them to others.



Adapted from
Restore: Ancient Remedies from the Modern Kitchen by Lizzie King (Welbeck Publishing, 2023)

ELDERBERRY SYRUP

Elderberries were my first-ever foray into plucking ingredients from the hedgerows to bubble up for my family's health. The elderberry has always been prized for its antiviral and antimicrobial properties—so much so that there was a global shortage recently.

I had been pouring the sticky elderberry derivative into my children for years when I realized I could make a better version at home with more fresh antioxidants. The dark color of the *Sambucus nigra*, providing precious anthocyanins, is where all the antiviral properties lie.

This eventually led to my Be Well remedy, but this purple goodness is where it all started. Spoon it out in winter and notice how the cough and cold season just doesn't hit you in the same way.

Makes about 1 L

Ingredients

150 g (5 oz or 1 cup) elderberries, rinsed (or 2 elderberry and echinacea tea bags—I love Pukka brand)

2.5 cm (1 in.) gingerroot, peeled and thinly sliced
1 tsp ground cinnamon
Pinch of ground cloves
Zest and juice of ½ orange
750 mL (25 fl oz or 3 cups) boiling water
Juice of ½ lemon
90 g (3¼ oz or ¼ cup) raw honey

Method

- 1 Put the elderberries (or the teabags) in a small saucepan and add the ginger, cinnamon, cloves and orange zest.
- 2 Pour over the water, then place over a low heat and simmer gently for 20–30 minutes, until reduced to roughly half the volume.
- 3 Leave to cool slightly, then stir in the orange and lemon juices and the honey.
- 4 Strain and pour into a glass jar or bottle.

Storage: Store in the jar in the refrigerator for up to 3 months.

Dose: 2 teaspoons per child per day for children aged one to two; 1 tablespoon per child per day for children over two; 1 tablespoon three or four times a day for adults.

Note: Honey is not suitable for children under one year.



MAGNESIUM HEADACHE TONIC

Tension headaches and migraines are one of the most common reasons for visiting the doctor, and I see the debilitation they can cause.

While the simplest respite can be found in a large glass of water, there are longer-term lifestyle tweaks that might help individuals—for example, reducing stress levels and caffeine intake.

Magnesium has been shown to alleviate the tension and constriction that can cause headaches, and this magnesium-rich drink is designed to bring relief.

Makes about 2 cups

Ingredients

Juice of 2 grapefruits
1 handful of spinach leaves (frozen works too)
2 Tbsp pumpkin seeds
Handful of ice cubes

Method

- 1 Blend all ingredients together in a high-speed blender for 2–3 minutes.
- 2 Drink immediately.

Storage: Make fresh as required.

Dose: Use daily as needed.

Tip: Migraine relief can be found by creating a stronger magnesium tonic. Gently mix 2 tablespoons of magnesium citrate with warm water, being careful that the mixture does not fizz out of the glass. Drink immediately and rest.

HAY FEVER SUNSHINE SMOOTHIE

The natural antihistamine action of bromelain and quercetin in pineapple work so well together here with the citrus vitamin C and the extra power from the reishi mushroom, which reduces antibody response and works to ease the sniffing, eye watering and itching of allergy season.

Makes about 540 g (20 fl oz)

Ingredients

210 g (7½ oz or 1 cup) peeled and chopped pineapple (core included)
1 frozen banana
Juice of 1 orange
1 tsp reishi mushroom powder
250 mL (9 fl oz or a generous 1 cup) milk of choice

Method

- 1 Blend together all the ingredients in a powerful food processor until evenly blended.
- 2 Pour into a glass and serve immediately.
- 3 Alternatively, freeze in large ice-cube trays, then pop them into freezer bags (they'll take up less room) for whenever you need them. You can even serve them as popsicles when the summer heat is all too much.

Storage: Freeze for up to 3 months.

Dose: Use as needed.

EARACHE VINEGAR REMEDY

As a child, I spent many hours in the ENT department at the hospital and rode through many an antibiotic cycle as a result. My son took on my ear infection propensity, but I attempted to steer us away from endless antibiotics when I could. I found these ear drops, used at the very first signs, were often effective at quelling the onset.

Makes 2 fl oz

Ingredients

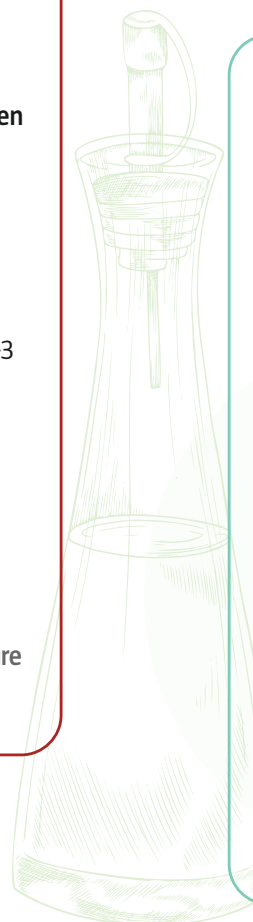
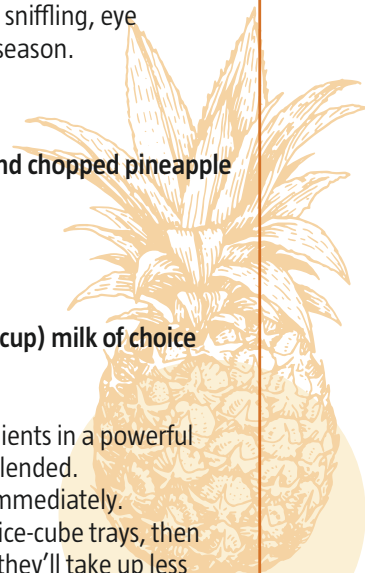
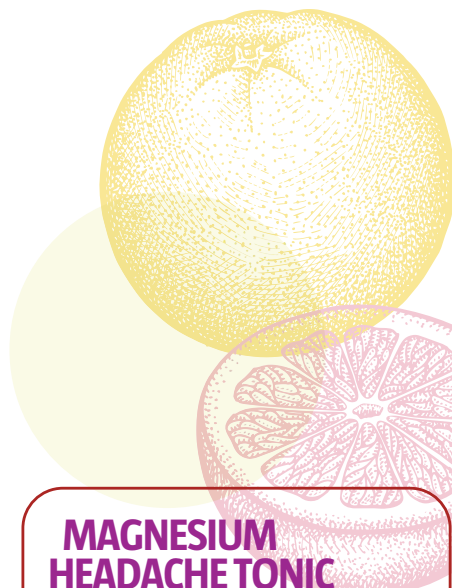
2 Tbsp apple cider vinegar
2 Tbsp cooled boiled water

Method

- 1 Mix the two liquids together in a clean cup.
- 2 With the person lying on their side with the affected ear facing up, soak a cotton ball in the liquid, place it in the ear and leave to sit for 5 minutes.
- 3 Remove the cotton and let any residual liquid drain out. Pat dry with a towel.

Storage: Make fresh as required.

Dose: Use a couple of times a day as needed.



CHARCOAL SICK BUG TONIC

Used in Chinese and Ayurvedic medicine for thousands of years because of its powerful ability to draw toxins and chemicals out of the body, charcoal has been used to treat accidental poisoning in the West for a long time, too.

When I first mixed this up, I was hoping for a miracle, and I got one: a bout of nausea, vomiting and diarrhea stopped in its tracks. The tonic is now part of my Be Settled range of remedies; we often get asked to send it out by Uber for emergencies.

Makes about 300 mL (10½ fl oz or 1¼ cups)

Ingredients

1 tsp mint leaves

300 mL (10½ fl oz or 1¼ cups)
boiling water

1 tsp activated charcoal (use the capsules and pull apart)

Method

- 1 Put the mint leaves in a mug and pour over the boiling water.
- 2 Leave to cool, then strain out the leaves and stir in the activated charcoal. Sip slowly as needed.

Storage: Make fresh as required.

Dose: Use no more than once a day.

Note: It can bind to regular medication, like the contraceptive pill, and other nutrients, so daily use is not advised.



COLD RECOVERY TURMERIC, GINGER AND LEMON INFUSION

This tonic can be kept in the freezer in ice-cube trays so that when you need it, you can just add one to hot water and go, with none of the prep. Turmeric is an intense, orange-colored root that Ayurveda has prized for its powerful healing properties for centuries. Recent studies have confirmed its cancer-protective and antiviral properties.

Along with ginger, vitamin C-rich citrus and throat-soothing honey, this is a fiercely combative combination that helps me through coughs, colds and flu.

Makes 6–13 doses

Ingredients

7.5 cm (3 in.) turmeric root, peeled

7.5 cm (3 in.) ginger root, peeled

1 lemon, peeled

1 orange, peeled

Hot water

Raw honey to taste

Grind of black pepper

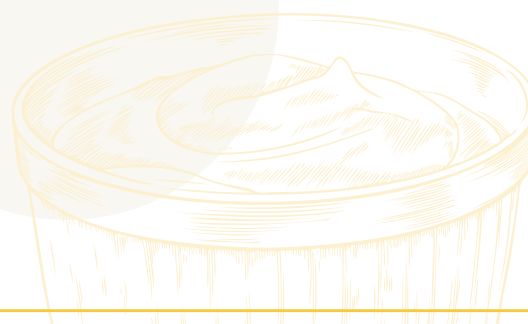
Method

- 1 In a juicer, juice together the turmeric, ginger, lemon and orange to yield about 200 mL (7 fl oz or a scant 1 cup) of juice.
- 2 To use it immediately, put 1–2 tablespoons of the juice in a cup and add an equal amount of hot water, stirring in honey to taste and adding a grind of pepper.
- 3 To save it for later, pour the juice into ice-cube trays and freeze, then pop the cubes into a freezer bag (it'll take up less space). Each cube equals one dose. To administer a dose, thaw and add the water, honey and pepper.

Storage: Freeze for up to 12 months.

Dose: Repeat two to four times a day as needed.

Note: Honey is not suitable for children under one year.



ECZEMA HAND AND BODY CREAM

Rough, red hands caused by harsh soaps or raw eczema patches can be hard to combat without resorting to brutal, skin-thinning hydrocortisone treatments. Oats are an emollient and also soothe any itching. For the porridge lovers, it's an extra joy that breakfast can be one of the healing ingredients.

Makes about 400 g (14 oz)

Ingredients

200 g (7 oz or a scant 1½ cups) oatmeal

2 Tbsp olive oil

200 mL (7 fl oz or a scant 1 cup) coconut oil

5 drops rosemary essential oil (or 1 sprig of rosemary, finely chopped)

Method

- 1 Put the oats (and rosemary, if using fresh) into a powerful blender and grind to a powder.
- 2 Add the olive oil and coconut oil and pulse until warmed up and thinning.
- 3 Add the rosemary oil and blend until combined.
- 4 Pour into a jar with a lid and let it cool until solid. Use on any dry skin, eczema or itchy patches.

Storage: Stays fresh for 3–6 months.

Dose: Use as required.

TUMMY-ACHE-SOOTHING RICE SOCK

A sock full of rice is one of the simplest ideas I came across while researching ways to relieve tummy pains. It creates a damp heat rather than a dry one and so is also really effective for muscular aches, with a useful shape for necks, lower backs and knees.

Makes 1 reusable sock

Ingredients

1 large thermal sock

1 kg (36 oz or 5 cups) uncooked white rice

Method

- 1 Place the sock inside a vase or jug and fold the top over the edges of it. Pour in rice until the sock is three-quarters full.
- 2 Tie the sock to close, or sew shut if you prefer.
- 3 Heat the oven to 160°C (320°F/gas 3). Place the sock in a large casserole dish on the top shelf of the oven, with a second dish full of water below to increase the humidity and prevent burning. Heat for 20–30 minutes, checking occasionally on the sock

temperature. It should be warm to the touch but not too hot to handle.

- 4 Curl up with the warm sock on your tummy to relieve aches and pains.

Storage: Keep in a dry place for up to 3 months.

Dose: Use as required.

Tip: This doubles as an ice pack; simply place it in the freezer.



Of pesticides and PMS

Detoxing from a hormone-disrupting herbicide, along with getting the right nutrition, was the answer to a patient's debilitating PMS, says Dr Jenny Goodman

Helena, 33, had been suffering from premenstrual syndrome (PMS) for several years. From about mid-cycle (day 14 or 15), she would begin to get sore, swollen breasts, and would feel tearful, irritable and anxious.

By day 27 or 28, just before her period began, these symptoms had become so bad that she couldn't go to work. She snapped and yelled at her partner constantly and even felt suicidal. She recovered a day or two after her period started, but within a fortnight, the whole nightmare would begin again.

To get to the bottom of things, I went through Helena's diet diary with her. She needed to eat much more fruit and veg and some whole grains, pulses and nuts, none of which she usually ate at all. She also needed to greatly reduce her intake of sugar and refined carbohydrates.

Helena said she would try to cut out the sweet stuff, but that it would be impossible in the last few days of her cycle, when the sugar cravings were completely overwhelming.

I addressed this by prescribing plenty of protein and good fats, along with small, frequent meals in the run-up to her period. The goal was to prevent the hypoglycemia (low blood sugar), which was making her feel so desperate for sugar at this time of the month.

When I saw her a few weeks later, after she'd made the dietary changes, Helena

reported that her symptoms had been a little milder, maybe 20 percent improved. In particular, the frequent small meals in the last few days of the cycle had reduced her sugar cravings noticeably. But this wasn't enough.

Supplements for PMS

I started Helena on several nutritional supplements that are crucial to maintaining a healthy menstrual cycle and effective for treating PMS:

Magnesium is a muscle relaxant, relaxing the smooth muscle of the womb as well as the skeletal muscles, and it also improves mental clarity. Most importantly, it assists with sugar balance in the blood to reduce hypoglycemia, which is an important and often unrecognized component of PMS.

Vitamin B6 (pyridoxine) is well known to help with PMS, but it's vital to give it along with all the other B vitamins, so I prescribed a B complex. The B vitamins work together to improve blood sugar balance and mental energy.

What's more, B6 is one of the vitamins on which it is possible to overdose—high doses give some people unpleasant tingling and other neurological symptoms—but this tends not to happen if you combine it with all the other B vitamins in a B complex.

Vitamin E is essential for everything to do with the reproductive system—it

helps with fertility and the menopause as well as with PMS. I found Helena a form of vitamin E that contains all the naturally occurring components of the vitamin (alpha, beta, gamma and delta tocopherol, and alpha, beta, gamma and delta tocotrienol), as opposed to the usual commercial formulations that contain only synthetic alpha tocopherol.

Like the B vitamins, vitamin E is really a complex, with all eight components assisting each other. Cytoplan (cytoplan.co.uk) and Life Extension (lifeextension.com; lifeextensioneurope.co.uk) offer such a formulation.

Evening primrose oil is an omega-6 oil that makes a big difference in PMS symptoms quickly. Initially I gave Helena a double dose to take daily, but after a couple of months, we were able to restrict it to the second half of her menstrual cycle, balancing it by giving omega-3s (fish oil) from day 1 to day 14.

It is better to give omega-3 and omega-6 separately, to increase the utilization of both, and I have found that omega-3 given in the second half of the cycle can actually make PMS worse.

I also asked Helena to increase her intake of foods rich in vitamin E and good omega-6 oils: avocados, nuts, seeds and eggs.

The missing piece of the puzzle

Within four or five months, Helena pronounced her symptoms 50 percent improved; she was no longer suicidal at the end of the cycle, she didn't need to take time off work, and her relationship was improving. But she was still suffering. There was some other factor that I hadn't nailed.

I added the herb agnus castus to her regimen and, because she had grown up on a (nonorganic) farm, tested her for pesticide residues in her system.

Oh, my. Helena had sky-high levels of glyphosate, a toxic weed-killer that is a known endocrine (hormone) disruptor. It's found in the herbicide Roundup, which her father sprayed on his crops as she was growing up.

Glyphosate has paradoxical effects: it has been shown to be estrogenic in some cases, increasing estrogen's effects, and sometimes anti-estrogenic, preventing the conversion of testosterone to estrogen. In Helena's case, it was clearly the former action that predominated.

Helena had sky-high levels of glyphosate, a toxic weed-killer that is a known endocrine disruptor

Another strange thing about glyphosate and some other toxic endocrine-disrupting compounds is that there is not a straight-line relationship between dose and effect; lower doses have been shown in some laboratory animals to have even worse effects than high doses (see Dr Stephanie Seneff's book *Toxic Legacy*, Chelsea Green Publishing, 2021).

We had to get it out of her system and stop any more going in. This meant that when she went home to visit, she had to make sure no spraying would happen. She also had to eat strictly organic.

Helena was fine with this; she went home and signed up for an organic vegetable box subscription and took it from there. The detox regime, however, was more challenging.

I asked Helena to take a glutathione supplement daily to help her liver's detox enzymes get to work on removing the glyphosate. I also gave her very-high-dose vitamin C and recommended Epsom salt baths (which also help with PMS directly because they contain magnesium) four nights a week. I added regular saunas and occasional colonic hydrotherapy to her regimen, and, most importantly, I asked her to make fresh, organic vegetable juice most mornings.

Helena was willing but busy, and she was able to follow my plan only about half as often as I would have liked. Nevertheless, it worked—it just worked slower than it would have if she had been able to devote a lot of time to it.

It took a year (rather than the six months I'd expect) for the detox to be complete. I retested Helena and the glyphosate was gone. She was happy and said her PMS symptoms were now 95 percent gone as well.

Helena also told me she would talk to her dad about converting the farm to organic. Let's hope he listened!



Dr Jenny Goodman has specialized in Nutritional and Environmental Medicine for the last 20 years.

An experienced speaker and author of *Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health* (Yellow Kite, 2020), she has a particular interest in pre-conception care and work with children.

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HEALING CANCER

Root causes

Dental problems and unhealthy gums may lead to cancer and other whole-body issues, says Dr Leigh Erin Connealy. Here's how to keep your gums and health in the pink

Dentists have long recommended brushing and flossing daily to prevent tooth decay. But there may be an even more pressing reason to clean up your oral health: it may help prevent the development of certain cancers.

Researchers at Harvard's T. H. Chan School of Public Health reviewed two extensive studies of more than 150,000 men and women. Following up after 22–28 years, they found those who had gum disease were 43 percent more likely to be diagnosed with esophageal cancer and 52 percent more likely to develop stomach cancer.¹¹

More studies are needed to confirm the link between gum disease and cancer, but it certainly makes sense. The mouth is the start of the gastrointestinal (GI) tract, and oral health issues can trickle down into other areas if left untreated.

For instance, if you have old dental amalgam fillings, chances are they contain mercury. Many integrative doctors and biological dentists believe this dangerous metal may be released in tiny particles each time you chew or brush your teeth. The minuscule particles can leach into your brain and other areas of the body and wreak havoc.

The following are examples of common, yet often overlooked, health

issues associated with mercury exposure:

- Neurological problems
- Headaches
- Memory loss
- Depression
- Fatigue
- Muscle weakness
- Tremors

Dental infections caused by root canals, jaw diseases, wisdom tooth extractions or other procedures can also cause problems. These pockets of infection, sometimes referred to as focal or foci infections, typically don't show up on lab tests. Still, they produce toxins that can result in increased inflammation and potential cancer risk.

According to the American Cancer Society, "Some infections can cause long-term inflammation in a part of the body. This can lead to changes in the affected cells and in nearby immune cells, which can eventually lead to cancer."¹²

Root canals: the root of the problem?

The American Association of Endodontists reports 15 million root canals are done annually—around 41,000 per day!¹³ But these procedures can cause far more harm than good if done incorrectly. Typically, the dentist or endodontist takes out the central nerve,

removes the surrounding pulp from the tooth, and seals the gap between the crown of the tooth and the roots in the jaw with an inert substance.

While the goal of a root canal procedure is to remove the excess bacteria that reside in the area surrounding the filling, without extreme care and skilled training, they may not get all of that bacteria. And that "leftover" bacteria can release toxins into the bloodstream that can travel throughout the body, causing cancer and other systemic problems.

In his groundbreaking book *Root Canal Cover-Up* (Bion, 1994), George Meinig, DDS, examines the century-old, landmark work of Weston Price. Price demonstrated how infections in the mouth stemming from root canals wreaked havoc that spread to other parts of the body.

Over the years, root canals have been linked to metabolic disorders, increased inflammation, low birth weight and heart disease. In fact, one study published in the *Journal of Dental Research* showed that people with untreated dental infections were almost three times more likely to have cardiovascular problems.¹⁴

Holistic solutions

Fortunately, you can prevent and attack oral infections both at the dentist and at home to improve the health of your mouth and body. You can also aim for a healthier diet and lifestyle to prevent or beat cancer.

Find a biological/holistic dentist

The best way to address these oral issues before they become a problem is to consult a biological dentist. Biological dentists, also called holistic or natural dentists, view oral health as connected to overall health and work in harmony with your body. They use only minimally invasive procedures and nontoxic, biocompatible materials. Highly skilled and trained in the safe removal of dental amalgams and other holistic dental practices, they are excellent allies in your quest for optimal oral health.

Remember, the removal of amalgam fillings must be done by a trained professional to ensure the procedure is both effective and safe. And if you must undergo a root canal, strongly consider seeing a biological dentist who is skilled in this procedure.

RESEARCHERS AT HARVARD'S T. H. CHAN SCHOOL OF PUBLIC HEALTH FOUND THOSE WITH GUM DISEASE WERE

43%
MORE LIKELY TO BE DIAGNOSED WITH ESOPHAGEAL CANCER AND

52%
MORE LIKELY TO DEVELOP STOMACH CANCER

The graphic on the tablet shows a close-up of a person's mouth with teeth. The left side of the teeth is highlighted in blue, and the right side is highlighted in green. Dashed lines with small circles at the end point from the text to these highlighted areas. The background of the graphic is a light brown, textured surface.



Five important questions to ask your dentist

Finding the right dental practitioner can be daunting. But if you're armed with the right questions to ask, it can be a breeze. Request answers to the questions below to pair up with a dentist who checks all the boxes.

1) Do you use amalgam fillings?

Even though it is widely accepted that these mercury-containing fillings are laden with problems, some offices continue to use amalgams. If the answer to this question is yes, find a different office.

2) Will you ask about diet and other health-related information?

Much like integrative medicine looks at the whole person, a good holistic dentist will want to know all about your health and lifestyle habits. Do you smoke? Are you physically active? Do you eat a healthful diet and maintain an optimal weight? Are you currently taking medications or supplements? They need these answers to treat you properly and safely.

3) Do you use fluoride treatments?

According to Dr Griffin Cole, DDS, NMD, MIAOMT (smilehavendentalcenter.com), fluoride treatments are unnecessary and dangerous. "It is very difficult to completely avoid fluoride in dentistry as most of the resin materials (composite, sealant, glass ionomers) contain small amounts of it. Fortunately, some materials do not contain it at all, and these are the options that most biologic dentists employ," he says.¹

4) Do you do root canals?

If your dentist or endodontist is using typical treatment protocols for root canals, they will not be able to remove all the bacteria and nasty "bugs" inside the tooth. Dr Cole has good news for us, though.

He notes, "There are quite a few studies completed, or in the process, that show when the dentist uses the Fotona Lightwalker PIPS or SWEEPS laser protocol, along with oxygen-ozone therapy (or the ultrasonic GentleWave technology), you can indeed get the entire tooth clean, thereby creating a more biologically sound result."

Talk to your office about which methods they employ and choose accordingly.

5) Do you test for biocompatibility of the materials you use?

Anytime you place foreign materials in the body, there's a chance of systemic issues. Dental materials are no exception.

Fortunately, a simple test like the Clifford Biocompatibility Assay Test can be used to determine which materials will work for each patient. Most biological dentists offer this type of testing, but you can ask for it in any office.

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To find a practitioner near you, visit the International Academy of Oral Medicine and Toxicology website, iaomt.org, or the International Academy of Biological Dentistry and Medicine website, iabdm.org. See the box at left for the key questions to ask your dentist.

Try three simple home remedies

Between regular dental visits, you can safely and naturally improve oral health and stave off potential problems with these easy home methods.

Tongue scraping Removing bacteria and dead skin cells from your tongue using a unique tool—aptly named a tongue scraper—is an easy and cost-effective way to improve oral health. In addition to getting rid of potentially harmful bacteria, scraping your tongue twice a day may help to get rid of bad breath.

You can find various tongue scrapers online or in health food stores. Use as directed.

Oil pulling The ancient Ayurvedic practice of oil pulling is thought to detoxify and purify the entire body. Swishing a high-quality oil such as coconut or sesame oil around in the mouth for 15 minutes every day pulls toxins out of the body, improves oral hygiene and gum health, and may help prevent cavities.

An article published in the *Journal of Traditional and Complementary Medicine* found that oil pulling was observed to "bring improvement in oral hygiene when practiced correctly and regularly."² The study's author did note that oil pulling should be used in addition to—not in place of—brushing and flossing. Start with five minutes per day and work your way up.

Gargling with salt water

Though it seems simple, gargling with salt water can have several positive impacts on your oral health. The main reason it works is that it helps stop



bacteria production, which in turn reduces plaque formation and dampens inflammation.

Other benefits of gargling with a saline solution include staving off bad breath and soothing sore throats. Simply mix ½ teaspoon of salt into a cup of warm water, gargle, spit and repeat daily for optimal results.

Other ways to prevent cancer

Many factors besides poor oral health and hygiene may increase cancer risk. In lectures, I often close with a slide that reads, “The Cure for Cancer Is Prevention.” In short, to be perfectly healthy, we need to address all the pillars of well-being.

It’s best to work with an integrative physician who specializes in treating the whole person. They can tailor specific instructions and recommendations in each of these key areas to an individual’s health concerns or needs. Find a practitioner near you through the American College for Advancement in Medicine (ACAM) at acam.org or through the Institute for Functional Medicine at ifm.org.

Here’s a short synopsis of the best ways to reverse and prevent cancer.

Let food be your medicine

Eating real, whole foods such as vegetables, fruits, nuts and seeds, and grass-fed meats and poultry found in nature and free of pesticides and hormones is a must. I often recommend a modified ketogenic diet that follows along the lines of a Mediterranean diet.

Intermittent fasting may also be appropriate, depending on your condition. Again, working hand in hand with an integrative practitioner can help you find the ideal eating plan for total wellness and cancer prevention.

Detox

Ridding the body of toxins is essential for cancer prevention. We live in a highly toxic world, and taking steps to purify

our bodies is one of the most powerful ways we can promote better health and stave off disease.

Drinking purified water, ridding the body of toxic heavy metals—including old amalgam dental fillings—with proven therapies, reducing our exposure to electromagnetic pollution and staying away from harmful radiation can all go a long way toward engendering whole-body health.

Take anticancer supplements

Several nutritional supplements have anticancer properties. Many have even been proven to target circulating tumor cells (CTCs) and circulating stem cells (CSCs)—both of which must be eradicated to truly “cure” cancer.

Your integrative physician can order simple blood tests to determine the protocol that will work best for each person and their particular health concerns. An individual-specific supplement regimen can help not only prevent cancer but treat it as well.

Get moving

Regular physical activity is of paramount importance for all areas of health—including lowering cancer risk. Exercise has multiple proven benefits, from reducing inflammation and boosting immune function to ridding the body of toxins and helping to reduce anxiety, stress and depression.

Regular physical activity boosts mood, helps maintain a healthy weight, and increases oxygen and nutrient delivery to the brain. Aim for a minimum of 30 minutes of physical activity most days of the week.

Reduce stress

Stress is notorious for suppressing the immune system. And if your immune system is compromised, you are at a much higher risk of cancer as well as other diseases.

You can try stress relief and relaxation techniques at home, such as meditation, yoga, Tai Chi, aromatherapy). Or you can do them with the help of a professional

(guided exercise classes, massage therapy, counseling/therapy).

Get enough sleep

If you’re not getting a minimum of seven hours of sleep each night, you are putting yourself at risk of a host of health conditions—including cancer. Proper sleep hygiene—which includes avoiding blue light (from TVs and smartphones) before bed and sleeping in a dark, temperature-controlled room—is essential for a good night’s sleep.

Some supplements, such as melatonin, can help you fall and stay asleep through the night. Avoiding caffeine in the afternoon and being aware of medications that might hinder sleep can also improve sleep habits.

The teeth of the matter

While good oral hygiene is only a piece of the puzzle when it comes to preventing cancer, keeping your mouth in tip-top shape has multiple whole-body benefits and should be a priority.

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Leigh Erin Connealy, MD, is the medical director of the Cancer Center for Healing and the Center for New Medicine in Irvine, California. Dr Connealy’s multidisciplinary treatment protocols, team of healthcare professionals, and holistic approach to health and healing have made the Centers the largest integrative/functional medicine clinic in North America, visited by more than 70,000 patients worldwide.

Author of *The Cancer Revolution and Be Perfectly Healthy* and a sought-after speaker who has appeared on numerous TV and radio shows, webinars and podcasts, Dr Connealy has been named one of the Top Functional & Integrative Doctors in the US.



THE HEALTHY **HOT** LIST

Janey Lee Grace rounds up what's new and noteworthy in the world of natural health, beauty and well-being

When we choose health and well-being products, it's important to know the benefits they will provide. Some of the best natural and eco-conscious brands are streets ahead now at being transparent about their ingredients and the benefits of their products. Here's a selection of my top picks.



COLD CALLING

LUMI THERAPY

Portable Recovery Pod Ice Bath, \$99/£75

lumitherapystore.com / lumitherapy.co.uk

You've heard about the benefits of ice baths and cold water therapy, but till now it wasn't always convenient. Enter the UK's first portable Lumi Therapy Recovery Pod Ice Bath, delivering ice-cold therapy to people's patios or gardens.

It's fully insulated and keeps water at a steady temperature with an included Thermo lid. Studies have shown that cold water exposure can help to boost the immune system, reduce stress and improve sleep. Even 10 minutes a week can improve health. Ice isn't needed, by the way—you can just use cold water (outside, of course!).



GLOW FOR IT

SACRED

Elemental Glow Face Oil, £45 (30 mL)

sacredskincare.org

Sacred is not just any skincare brand; they believe in a slow, mindful approach to skincare that focuses on the natural healing power of plants. Their formulations are designed to support the skin's natural processes and enhance its ability to regenerate.

Elemental Glow Face Oil is made with a blend of organic botanical oils, microalgae, Arctic oats, turmeric and holy basil, all of which work together to provide a range of benefits for the skin.

Grapeseed and hemp seed oils help improve skin tone and control oil production, while olive squalane, rosehip and cacao oils help the skin retain moisture and make more collagen. Microalgae and Arctic oats extracts provide natural ceramides that strengthen the skin as a barrier, giving it protection and a smoother texture.

LIP SERVICE

ECO BY SONYA

Miami Rose Lipstick, \$24.95/£18.95

ecotan.com / ecobysonyadriver.co.uk

Finding natural makeup isn't always the easiest, but I've written a book called *Look Great Naturally without Ditching the Lipstick* (Hay House, 2013), so it's only reasonable that I'd be able to recommend a good one!

This dusty pink lipstick is one of my favorites. Its highly pigmented color can complement any complexion and any outfit you choose to wear, and it comes with added benefits. It has a long-lasting moisturizing effect with a matte finish that doesn't leave your lips dry or cracked.

It's made with all-natural, vegan ingredients such as jojoba, shea butter and orange peel. And the earth-friendly packaging further reinforces the company's commitment to operating sustainably.



SKIN SENSE

AWAKE ORGANICS

The Ultimate Skincare Routine Bundle, \$172.00/£138.49

awakeorganics.co.uk

Awake Organics is a cruelty-free skincare brand that specializes in waterless products packed with powerful plant-based superfoods. Its range is concentrated, vibrant and free of fillers.



This bundle of five products contains all you need for great skin. Juice Cleanse thoroughly removes dirt, oil, makeup and sunscreen without overdrying your skin, while Sea Quartz polishes and preps your skin for optimum moisturizer absorption and smooth makeup application. Eye Time targets dark circles, puffiness and fine lines, and Brightening Serum gives your skin a boost of antioxidants. Finally, Divine Skin Moisture Balm hydrates and protects against pollution and the elements.

SLEEP SOUNDLY

BODYKIND

Tisserand Sleep Better Aroma Spa Diffuser, \$64.40/£46.00

Aroma Home Inner Balance Calming Eye Pillow, \$18.13/£12.95

Aroma Home Gel Beads Migraine Wrap, \$13.93/£8.95

bodykind.com

Bodykind offers a range of aromatherapy products that can help promote relaxation and improve sleep quality, all harnessing the benefits of essential oils.

The Sleep Better Aroma Spa Diffuser is an ultrasonic aromatherapy diffuser that uses essential oils to create a calming atmosphere. It comes with Sleep Better Diffuser Oil, a blend of jasmine, sandalwood and lavender that's perfect for helping you fall into a peaceful sleep and wake up feeling refreshed. Its compact, modern design looks great in the bedroom.



The Inner Balance Calming Eye Pillow is microwaveable. Its flaxseed filling is infused with lavender essential oil to promote relaxation and reduce stress. Its gentle warmth can help relieve eyestrain, headaches and facial tension.



The Therapeutic Gel Beads Migraine Comfort Wrap is designed to help relieve headaches, migraines and sinus pain. It's a soft fabric-covered wrap that contains therapeutic gel beads you can chill in the refrigerator or freezer for cold therapy.

It's also scented with lavender, mandarin and geranium oil to help reduce your stress and tension levels at the end of a long workday.



COLOR ME HAPPY ESSENCE

Aura-Soma Coral Colour Essence, £18.76 (30mL)

t1essence.co.uk

Aura-Soma is a color system created by Vicky Wall containing plant and crystal "energies and information." Colour Essences are designed to help connect your emotional and mental selves, enhancing your holistic well-being. Your color preferences reflect and support who you are and what you need for optimal well-being. The essences are tinctures, great for those who are sensitive to smells. You can also add them to water to make sprays, even for animals and plants. Coral Colour Essence is said to strengthen your psyche, encourage community and openness, and help balance all the chakras for smooth energy flow. I like to put a few drops into coconut oil or massage oil or add it to bath water.



PLANT POWER

TRUE VEDA

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True Veda is a brand that values natural, sustainable and ethical practices. It uses only the best ingredients that are gentle on the stomach, with powerful, concentrated extracts that enhance the benefits.

One of its unique products is Organic Holy Basil Vitamin B6, made from the aromatic shrub from India known as tulsi, or "the Queen of Herbs," in Ayurveda. It's an innovative formulation contributing to the body's daily requirement of vitamin B6 while letting you obtain it from a fully natural source.



The supplement is created from the highest-grade organic tulsi and no artificial ingredients or preservatives. It can help to support healthy functions of the heart, immune system and nervous system and promote a state of relaxation and vitality.

How relative risk makes a drug seem effective when it's not

The illusion of the magician

Bryan Hubbard

Ban All Relatives. Hope you like our new campaign and will join BAR in getting rid of them. No, we're not planning to usurp uncles or mount an attack on aunts; we all love those relatives, and they make a mean Victoria sponge when we visit.

BAR is campaigning to ban the use of the relative risk ratio (collective sound of comatose people slumping into their armchairs). But hold! It's the rocket fuel of the pharmaceutical industry, it drives the sale of new drugs—where much of Big Pharma's profits are to be made—and it gives the mass media exciting new things to talk about.

The relative risk ratio makes it seem that we're all very busy being brilliant and pushing back the boundaries of disease, when actually we're not, of course.

Let's take as an example a news report you read: "New Drug X Reduces High Blood Pressure by 30 Percent."

"Blimey!" you say, dropping your Twitter feed, "I'll have some of that." By the by, when we say "you," we're describing the average Everyman glancing through the news, and not the discerning *WDDTY* reader.

Eric Everyman rushes to his local surgery, Twitter feed in hand. He shows his doctor the impressive data on the new drug. The doctor confirms that indeed the drug is truly that effective at reducing high blood pressure, as he was assured of the fact by the drug company itself while on a vital, and all-expenses-paid, conference in the Seychelles, fully sponsored by the manufacturer.

But it's the illusion of the magician, whose sleight of hand is achieved with the use of relative risk. When people read that a drug has 30 percent effectiveness, they assume the drug improves a condition by, er, 30 percent. It doesn't.

Let's assume that Eric Everyman is 40 years old, doesn't smoke, drinks only moderately and exercises by cycling on weekends. His risk of developing high blood pressure (hypertension) is around 10 percent. In other words, he is 10 percent more likely to develop hypertension than someone of his age who is fitter and, as a result, has a lower risk profile.

If Eric were to take New Drug X, we know his risk would drop 30 percent—but it's 30 percent of his actual risk of 10 percent. In other words, the drug reduces his risk of hypertension by 3 percent—not the sort of

headline rate that would have him rushing to his doctor. So, 30 percent is relative to someone's actual risk, or "absolute risk," as statisticians like to call it.

A recent study makes the point. Headlines reporting on the research exclaimed that women who were using a progestogen-only contraceptive, such as the Pill or a coil, were 25 percent more likely to develop breast cancer.

Again, it's true, sort of—but that's the relative risk a woman faces. A woman in her late 20s has an absolute risk of developing breast cancer of just 0.5 percent, and taking the pill increases that risk to 0.57 percent. By the time she reaches her late 30s, her risk of cancer is around 2 percent—still very low—and the Pill and coil raise that to 2.2 percent.¹

Researchers from Oxford University monitored the health of around 30,000 women, some of whom were taking a progestogen-only contraceptive. The incidence of breast cancers in women using contraceptives for 15 years increases from 0.084 percent to 0.092 percent overall, the researchers concluded—but that didn't make it into the headlines, the only thing many people ever read. Instead, reporters used the relative risk figure for that.

Everyone loves relative risk. It gives the media something to report on, it boosts drug company sales, and it gives academics a turn in the spotlight for a study that otherwise would be so underwhelming that it would be consigned to academic oblivion.

Mind you, drinking alcohol is risky. One alcoholic drink every day increases the risk of breast cancer by 10 percent. Worried? Not as much as the researchers would like you to be—they're using relative risk again.



The relative risk ratio makes it seem that we're all very busy being brilliant and pushing back the boundaries of disease, when actually we're not, of course

REFERENCES

1 PLOS Med, 2023; 20(3): e1004188

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