

Dr. Bea's

APRIL 2001



HEALTH NEWS

Remove First!

I can't tell you how many patients come to me complaining about being sick and miserable – even after having been treated by supposedly reputable naturopathic physicians or nutritionists. After many years of seeing these misguided orphans of natural healing, I have come to one irrefutable conclusion: These patients have not done – only because they are not being instructed to do so by their health provider – the nitty gritty detoxification of the critters who have claimed squatters rights in their bowel, their brain, their joints, ears, nose, lungs, whatever orifice or organ you can name. These interlopers consist of heavy metals, chemicals, viruses, bacteria, parasites, fungus, molds and yeast who live insolently off the fat of these patients' precious bio-systems.

For example, I have seen several patients after they have had their gallbladders removed and lo and behold, they still have pain, nausea, can't digest fats, basically all of the symptoms they had prior to their cholecystectomy. Well, this isn't right is it? Unfortunately, it happens all too frequently. When the gall bladder is removed, it is quite probable that a bit of gallbladder tissue – usually in the stalk area – is left behind. Naturally, this puppy is still sick or reacting to something. Ergo, after a brief honeymoon, many of the old symptoms recur.

Post-cholecystectomy patients may come into my office with grocery bags full of fat emulsifiers, digestive enzymes, beet products and restrictive diets relating horror stories about liver cleanses. When I perform my usual dog and pony show to check critters, I will always find something toxic affecting healthy functioning; yeast, molds or parasites, stored heavy metals, food sensitivities, a longstanding viral infection, a bacterial invasion or a '57 Chevy. Whatever the case may be, we have to **Remove First** before any substantive healing can begin. Supportive nutrition will not work unless the bad junk is removed first. I like to make the analogy that offering a toxic body good nutrition is like pouring clean water into a dirty glass.

So, here's the deal: **Remove First** whatever doesn't belong in whatever place you are having a problem. In the case of my gallbladder patient, we had to remove a longstanding yeast infestation and get her off wheat. Within 48 hours of starting her nutritional program to eliminate the yeast (eliminating all gluten as well) her pain and nausea disappeared. It really is a hallelujah kind of thing when you find the right combination.

The **Remove First** is usually accomplished by finding the appropriate detoxifying supplements. This would also include colon cleansing, determining and eliminating food allergies, going on a special diet tailored to specific needs, removing poisons from the personal environment, exercising in the fresh air and sunshine and other things specific to the particular patient's requirement. The **Remove First** part can be uncomfortable and I often have to talk about a temporary "no pain-no gain" concept: As the toxins are released from long-standing storage sites into the lymph, blood, bowel and brain, fleetingly discomforting symptoms can occur but this is usually shortlived and rarely does anyone need to miss work or their vacation in Fiji because of feeling rotten. In fact, these sometimes uncomfortable detox reactions – called Herximer reactions – usually presage the transition into health.

Once we clear the body of unwanted pathogens, – the **Remove First** part – then we can reward ourselves with the fun part: The Restoring, the Rebuilding, the Renewing, the Reinoculating. This is accomplished with good nutrition like antioxidants, a good multi-vitamin, minerals, an acidophilus product, maybe some good quality green algae, clean water, organic foods and exercise – that whole ball of healthy wax that we all know and read about in all the health magazines and love to do for ourselves. But you must first put in your time in the trenches, cleaning out and removing the bad guys. If you don't, then all of the good stuff will slide through your body like a hog on ice.

"Oh, the Horror, the Horror." Or The Yearly Mammogram.

Some women are afraid of their first mammogram, but there is no need to worry. By taking a few minutes each day for the week preceding the exam and doing the following practice exercises, you will be totally prepared for the test and best of all, you can do these simple practice exercises right in your home.

Exercise 1: Open your refrigerator door and insert one breast between the door and the main box. Have one of your strongest friends slam the door shut as hard as possible and lean on the door for good measure. Hold that position for 5 seconds. Repeat again in case the first time wasn't effective enough.

Exercise 2: Visit your garage at 3am in the middle of winter when the temperature of the cement floor is just perfect. Take off all your clothes on top and lie comfortably on the floor with one breast wedged under the rear tire of the car. Ask a friend to slowly back the car up until your breast is sufficiently flattened and chilled. Turn over and repeat for the other breast.

Exercise 3: You are still in your unheated garage at 3am in the middle of winter. You still have your jeans on but now you've added a flimsy pajama top. Stand out there and flap your arms about and hug yourself, trying to keep warm for at least 1/2 hour. Find some stupid literature hanging on the wall - perhaps the operating instructions to your husband's nail gun - and read it with great interest for a long time. See if you can memorize part of it. This will help you pass the time and may also keep you from freezing to death.

Exercise 4: Freeze two metal bookends overnight. Strip to the waist. Invite a stranger into the room. Press the bookends against one of your breasts. Smash the bookends together as hard as you can. Set an appointment with the stranger to meet next year and do it again.

Well, I think we've just about covered everything necessary to confront a mammogram. Bon Chance.

—Mammography: Not a Simple Situation—

Mammography pros and cons are now flying at us faster than no-seeums at a midwestern summer picnic. It's becoming almost impossible to make a reasoned decision. In the following article, I will expose you to the dark side of mammography - so read at your own risk. I will be challenging long held beliefs, motherhood, apple pie and the flag, and regrettably I can't offer you any options yet. Although I am working on it. (Thermography looks to be the most promising, but so are MRI's and sonograms.)

There is no reliable evidence that mammography screening decreases breast cancer mortality. Mortality is the operative word here. Don't confuse the fact that although mammography can detect cancer, detection does not necessarily mean curing cancer and living happily ever after. This news comes from Danish researchers after having reviewed eight studies on mammography involving about 1/2 million women in the U.S. and abroad. The Danish study was prompted by a 1999 Swedish study that showed no decrease in cancer deaths from regular screenings. (*Colorado Chiropractic Journal*, Dec, 2000)

"Screening for breast cancer with mammography is unjustified." (*Lancet*, 1/7/2000) This is what the prestigious English medical journal proclaimed after reviewing the Danish study mentioned above. The American Cancer Society immediately criticized the results of the Lancet study. However, just as surgeons look for organs to remove and limbs to cut off and I look for ways for you to stay off pharmaceuticals and to keep the body parts you were born with, the ACS, being in the cancerbiz, looks for cancer. Therefore they endorse mammography carte blanche. Mammography, of course, looks for cancer.

Sometimes we lose sight of the fact that mammography does nothing to prevent cancer. It is only a tool for early detection. The presumption, since the late 60's, is that the earlier the tumors are found, the more successfully they can be

treated. But, based on the Danish study, this doesn't pan out. If it did, there would be a clear cut decrease in mortality, but there is not.

Mammography is notoriously inaccurate especially in women under 50. In medical terms, mammography is neither sensitive nor specific which means that it can't tell the difference between benign and malignant growths or between fibrous breast tissue or questionable tissue. On a mammography x-ray, fatty tissue is black, and fibrous tissues, glands and tumors are white. This doesn't give us a whole lot of testing sensitivity.

Consequently, far too many mammograms are "suspicious" which scares the wee out of far too many women. Of all mammograms read as suspicious for women 40-49 years of age, a huge percentage - 97.5% - turn out to be false positive, as do 94% for women over 50. Every year, more than one in ten women have a false negative mammogram which means they go merrily along with an undetected time bomb in their breast thinking that they have survived yet another yearly mammogram. Let's do the math here: If 30 million women have yearly mammograms this means that 300,000 will be misdiagnosed. This abysmal record at specificity and sensitivity has also made mammography the most common cause of medical malpractice suits. (Nightly News/Tom Brokaw: 3/7/01)

The NBSS (Canadian National Breast Screening Study) tracked over 89,000 women aged 40-49 during the period of 1980 to 1988. Half were given mammograms every 12-18 months and half were given a single physical exam. To the surprise and chagrin of the researchers, deaths among the group getting the regular mammograms were "significantly higher" than in the group getting none. In November of 1992 the NCI reported that the odds of dying of breast cancer if you had been screened were still reported to be 36% greater than if you had not. (*Canadian Medical*

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terol than those with the lowest levels. (*J. Nat'l Canc Institute.*) In today's paper (March 21, 2001): Menopausal women who have been on estrogen replacement for 10 years or more are twice as likely to get ovarian cancer. (*JAMA* 3/01) The article goes on to say, "Estrogen users shouldn't panic: Ovarian cancer is rare enough that few estrogen users died despite the increased risk..." I don't know about you, but the word "few" is not terribly comforting. Again these studies were done using Premarin (horse pee), not the preferred alternative Estrace.

✓ Rock on, Dude: Have those 10 shots of Tequila and pass out – that is, if you want to become stupid. New research indicates that teenagers who drink too much may lose as much as 10% of their brain power which may end up being the difference between getting into Podunk U. and Harvard. Seems that the younger the brain the more it may be at risk, especially in the hippocampus which is responsible for many types of learning and memory and the prefrontal cortex which is the brain's chief decision maker and voice of reason. (*Discover*, 3/2001)

✓ Random and Desultory News of the Wierd from the Frontiers of Medicine: Authorities in New Zealand opened an inquiry into an unusual treatment of premature babies during 1993 and 1994 that involved removing congestion from the lungs by striking the babies on the chest for hours at a time, up to 200 blows per treatment. Five babies died and eight babies were brain damaged. Objecting parents were told it was harmless and that in fact most babies enjoyed it.

According to a January *Chicago Sun-Times* report, a 1998 NIH surgery trial at the University of Colorado experimented with 40 Parkinson's patients, 20 of whom received fetal tissue implanted in their brains and 20 of whom had four holes drilled in their heads as placebos but nothing implanted. Medical ethicists drew a distinction between giving patients placebo sugar pills and drilling holes in their heads. (Brilliant, brilliant.) None of the 20 placebo-drilled patients seemed to be adversely affected. However, a couple of the real-implant patients died.

In a study of 180 patients with osteoarthritis of the knee, Houston surgeons found that those who received "sham" arthroscopic surgery reported as much pain relief and improved mobility as patients who actually underwent the procedure. In fact, after two weeks, the sham surgery patients were doing better than the true surgery patients and after two years had made similar gains in walking and stair climbing. Their pain eased as well. (Annual meeting of the Am. Academy of Orthopedic Surgeons, San Francisco, March 1, 2001.) Sounds like this is another a nifty case of drilling placebo holes.

In January of 1999, Baxter International defended a patient study conducted in 1998 in which nearly half the patients receiving its artificial blood died after treatment. Although a relatively high death rate was expected (since artificial blood was only to be given to patients in critical condition), Baxter revealed that no patient had given consent to the treatment and that instead the company had relied on a not-previously used FDA rule that required "community notification" rather than individual patient consent.

✓ First Borns: They might be Mommy and Daddy's first bundle of joy, but they are more likely than other children to become obese in adulthood. Other risk factors for obesity: Mothers who are overweight, and being a woman. (*Am. J. Clin Nut.*)

✓ Mad Cow Disease: Some of you have expressed concern about the supplements I give you containing "bovine" this and that. I can assure you that my bovine products come from reputable companies who buy from domestic U.S. sources whose facilities are inspected and approved by the FDA. Standard Process – where most of my bovine products come from – claim that the products they use are certified to be "sound and wholesome." I'm not worried. I take my products. However, I have stopped my Altoid habit: These great English peppermints have "gelatin" as the fourth ingredient. Gelatin is usually made from cow fat and England just slaughtered 100,000 "mad cows". I'm just hoping their prions didn't get into the Altoids before I stopped eating them.

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✓ Bad Fats! From the *New Yorker*, 3/5/01: When Ray Kroc established McDonalds in the late 50's he used beef tallow to deep fry his French fries. Then in 1990, buckling under the pressure from consumer advocates regarding the dangers of saturated fats and animal based cooking, McDonalds was pressured to switch over to deep frying with trans fats. These fake fats come straight from hell, are much worse than saturated fats, they wreak havoc with the regulation of cholesterol, and beg you to get heart disease. The current research indicates that it would be much better if McDonalds et al switched back to beef tallow, since the "current American now eats a staggering 30 lbs of French fries a year." (I know you don't.)

According to a recent study involving some eighty-thousand women, for every 5% increase in the amount of saturated fats (steaks, butter, whole milk) that a woman consumes, her risk of heart disease increases by 17%. But only a 2% increase in trans fats (ie partially hydrogenated or hydrogenated fats) will increase her heart-disease risk by a whopping 93%. The researchers estimate that the consumption of trans fats from the likes of McDonalds and Burger King and from commercial crackers, cookies, cakes and chips probably causes about 30,000 premature deaths per year.

✓ Sore Mouths: Canker sores may be aggravated by something as simple as the sodium lauryl sulfate in the toothpaste you are using. Try SLF-free toothpaste. The other common reason for canker sores is food allergy.

✓ Timing is everything: If you must have surgery for breast cancer, you might consider using chronotherapy – or the art of timing medical procedures to coincide with certain biological cycles. In the case of breast cancer, the November, 2000 issue of *Cancer* offers some evidence that by removing breast tumors between days 0 and 2 of the menstrual cycle or after day 12, women had a far greater chance at long term survival (75%) than those women having the tumors removed between days 3 and 12 (45%). The researchers speculate that high progesterone levels during the good phase may create a hormonal "straitjacket" around the tumor, reducing the chance of metastasis.

✓ Glucosamine: I've been noticing good results with the use of Glucosamine Sulfate for arthritis for a few years

now. Five years ago, when the medical community was still leery about the efficacy of GS the news was coming from the naturopathic literature that GS was the treatment of choice for arthritic joint pain. The information is finally getting to the crusty medical community: The January 27th issue of *Lancet* revealed a study that shows that GS may actually slow the progression of osteoarthritis. The alternative literature has been showing that if someone has only 17% of a cushion left, in let's say a knee joint, the raw material in glucosamine – which is actually a substance our bodies use to make and repair cartilage – could actually be used by the body to rebuild the joint. However, if you have a bone-on-bone situation, GS doesn't seem to work.

✓ Good Vaccine? It's still experimental, but a vaccine derived from a melanoma patient's own cells is injected into the patient. This special custom vaccine increased five-year survival rates from 20% to 50%. The vaccine may be on the market within three years

✓ Deep Throat: Anyone who has had an endoscopy knows how disagreeable it is to swallow the pencil sized tube that allows the doctor to scope the upper GI tract. British and Israeli researchers have devised a tiny camera which fits inside a capsule, that once swallowed, transmits photographic images of the gut to a portable image recorder worn on the patient's belt. The patient simply swallows the pill and returns to the doctor's office to drop off the recorder.

✓ Boycott Kelloggs: Laboratory testing has revealed that a Kellogg's product - Morningstar Farms Meat-Free Corn Dog - is made with Starlink corn, a genetically altered variety that is not approved for human consumption. Greenpeace has filed notice with the FD&A: "Kellogg's is selling genetically contaminated food and is lying to consumers about it." says Charles Margulis, Greenpeace's genetic engineering specialist. He goes on to say that "Americans have asked Kellogg's over and over to stop this genetic experiment on our food, yet Kellogg's refuses to listen and tries to mislead consumers. No one should trust the Kellogg's or Morningstar names again." They also make Veggie Patties and Harvest Burgers.

✓ Ovarian Cancer Risk: Ovarian cancer rates were three times higher in women with the highest levels of chole-

I'm moving my office:

To 948 North Street, Suite 1 in Boulder, just 13 blocks north of my current office. The phone number stays the same and the digs are a bit bigger. ETA is around April 15-20. I will be sure and let you all know individually, as you make your appointments.

Kiddysugarholics

The incidence of diabetes rose 33% between 1990 and 1998 in what the government is calling an epidemic. The major cause of diabetes is obesity. I firmly believe that the bottom-line reason for all the fat people today is because of the enormous amounts of low-fat/very high sugar foods in the marketplace. We have been scared to death – literally – about fat. Responding to this fear, food manufacturers started taking the fat out of foods and adding tons of sugar: Entenmann's products are a prime example of this unhealthy switch.

People think it's O.K. to eat this awful sugary stuff, simply because it says low or non-fat, but they are wrong, wrong, wrong! The high sugar, not the fat, is what is creating obesity, diabetes, insulin resistance, premature heart attacks. And this is the reason we have so many fat kids today: It's not a glandular problem – it's a sugar problem.

Insulin resistance, formerly a disease of middle age, is now being found in teenagers – those same teenagers who were raised with "fat-free" foods, Cocoa Puffs and Fruit Loops. When my children were in grade school, they loved going to friend's houses after school because the moms invariably served forbidden sugary cereals or drove to McDonalds after school for french fries and Cokes (I later learned that one of the mom's regularly added some rum to her coke. . .) Now in their 30's they have both thanked me for the healthful foods I served them.

Be firm with your children. They will thank you later for the level of health you will help them to achieve. As Sherry Rogers, M.D. implores, learn the mantra "Grains, greens & beans, seeds 'n weeds, roots 'n fruits" and use it as you are pushing your grocery cart down the aisles of Whole Foods.



"It could be one of those things that crawl into your ear and lay eggs, and the eggs hatch and burrow into your—nope. It looks fine."

provided a wide enough margin and furthermore may have cut into the protective shell that, if left alone, would have kept the tumor from spreading. The incision itself can turn an inactive, encapsulated (in situ) cancer into a metastatic one. "Even needle biopsy does not appear to be safe," says Geo. Crile, Jr. M.D., Emeritus Surgeon of the Cleveland Clinic.

In the age group of 50-59 where benefits of mammography seem to have been firmly established, the researchers found no fewer deaths from breast cancer from those getting regular mammograms than those not getting them. Even the Queen of Allopathic Condescension – Jane Brody from the New York Times – after her brush with a small malignant breast tumor informs us that "Mammograms do not always tell enough." Her tumor was found not with a mammogram but with a sonogram.

I've been hatching this information for months now, wondering whether to write about all this or not. I can't really recommend that you stop having mammograms since, so far, it's the only game in town and besides it's illegal for me to do that. I also don't have an option for you yet. But please read and think and make up your own mind about all of this. And stay tuned.

, 1992). They have no explanation for this, nor to I.

However, some laudable theories have been extended and here are a few of them: 1) Cancer cells may have been squeezed into the bloodstream under the pressure of the mammographic plates 2) Excess leathes may have been in women who already harbored the recently discovered breast cancer gene. 3) Or the more widely held

belief that deaths are caused iatrogenically or by the type of treatment (slash, burn and poison) that can follow a cancer diagnoses. 4) It is also thought that by the removal of the tiny breast tumors that early diagnosis detects and with the subsequent radiation and chemotherapy, the body's immune system becomes compromised. These disturbed tumors may throw out malignant seeds and create metastatic disease where there was none before and the already compromised body can no longer fight the good fight.

Mammography can detect "pre-cancerous" lesions that would not have otherwise progressed into active cancers. These non-cancers are then surgically removed. This can skew cure rates since we are curing non-cancers. Even the NCI now concedes that the successful drive for mass screenings may be responsible for the alarming increase in breast cancer incidence. (*J. Am. Canc Institute*, 1990) since the apparent increase could be explained by early detection alone and the resultant surgery for benign conditions.

Some experts feel that the diagnostic needle or surgical biopsy that follows a suspicious mammogram can be even more dangerous than the more extensive surgery for cancer itself, in that the surgeon may not have

Letters to the Editor:

Dear Dr. Bea: I'm in a quandry over golden flaxseeds: I want to incorporate flax into my regular diet, as you suggested, what, years ago? Anyway, I've heard conflicting things about the best way to use it: One friend says she dissolves it in water to make it gelatinous, then puts it into a smoothie. I've also read you must grind it to glean all the necessary nutrients. Heck, I just want to scoop teaspoons of the stuff onto my cereal and call it a day. What do you suggest? SG from San Diego

Dear SG: Golden flaxseed is, I think a little oilier (ie. it may contain more EFAs) so I would choose it over the brown. How to take it? Two ways: In the oil form in a smoothie – just pour in a tablespoon or so. I actually have a patient who loves the taste of flaxseed oil and pours it over his brown rice and kale. However, I can't do it that way. The taste of the oil makes my throat want to do strange and potentially unpleasant things.

Or in the seed form. I have a dedicated grinder – a Braun coffee grinder for about 20 bucks – and I grind the flax as I use it. If you grind more than your daily dose, you risk rancidity as ground flax is quite unstable. I use ground flax in two ways: Sometimes I dump some into my smoothie and other times I will stir a couple of tablespoons into my oatmeal/7grain wheatless hot cereal in the morning. Or for a quick and dirty – just put your ground flax in some rice milk, stir and down the hatch. It actually tastes quite good this way – very nutty.

Regarding grinding vs. not grinding: As I understand it, only grinding will release the oil and allow your body to absorb the good EFAs. If you keep the seeds whole and dump it into your smoothie or over your cereal in the unground form, the seeds will go right through you in a mucilaginous mess. Your bowel will love it, but you won't get the benefits of the Omega 3's.

By all means, whatever you do, get enough good oils: The Omega 3's in the form of flax or fish, and the Omega 6's in the form of black current or evening primrose. I would venture to guess that most of us are deficient in our good oil intake – especially the Omega 3's – but more about this in a future newsletter.

Dear Dr. Bea: I was in *Bread and Circus* this weekend, looking under "Circulation" in the big vitamin book. My fingers

and toes become icy rather easily. The book told me to take chlorophyll and l-carnitine, so I bought both. I'm choking down the green stuff in the morning with my OJ, and just wondered if those two made sense for my cold hands and feet. A.H. from NYC.

Dear A.H: There are a lot of reasons for cold hands and feet and the remedy is never as simple as choking down some green stuff in your morning OJ, but here are some suggestions. Try some or try them all and see if they work for you. Chinese medicine would have you doing lots of warming foods like ginger root, cayenne, warming grains/seeds like oats, spelt, walnuts and warming veggies like parsley, cabbage, kale, onions, garlic and leeks. Other warming foods are butter, anchovies, chicken, beef, trout and lamb.

I would be checking lots of things if you here in front of me: How are your adrenals? Your thyroid? Cold hands and feet are classic symptoms of hypothyroidism. Are you anemic? Is your blood quality OK? This may be the reason the big vitamin book suggested chlorophyll as it is a great blood tonic. How is your heart? Is it pumping strongly enough to get to all the micro circulation and peripheral vascularity? Do you have Raynaud's syndrome? Or, do your fingers not only get icy cold, but do they turn red, white and blue?

Your peripheral vasoconstriction (in plainer English – your cold hands and feet) might respond well to high doses of an anti-spasm mineral, like magnesium in particular. Avoid smoking and coffee which tend to constrict. I would also use supplements that tend to open things up; like Vitamin E @ 800 iu's per day (Gary Null), ginkgo biloba, vitamin C, and CoQ-10 in large doses (200 iu's.) The l-carnitine you mentioned is a vasodilator and also feeds the mitochondria (little engines) of each cell in your body.

Try this: Get into a relaxed state and visualize holding your hands over a stove burner, or open flame or fireplace. They'll be warm in no time at all. Feet are a bit harder. Honor your cooler feet by wearing appropriate footwear – heavy sox and good boots. You could also try a cayenne based cream – rub it on your feet and that may warm them up a bit.

Please feel free to email me at beakj@earthlink.net with your questions and suggestions. I guarantee privacy on all matters, and will try to answer all of you personally.

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