



- ✓ **Latex allergies** are increasing among health care workers and their patients. Exposure can cause anything from the most common excema-like rashes to asthma and anaphylactic shock. People who react to latex also tend to be allergic to certain fruits like avocado, banana, kiwi, papaya and peaches; these fruits contain proteins similar to the sap of the Brazilian rubber tree from which latex is made.
- ✓ **Unwanted gender bias:** Lung cancer causes the most deaths in the United States and smoking leads to a mind-boggling 90% of these deaths. If we smoke, women seem to be 2 to 3 times more susceptible to lung cancer than men. Seventy percent of smokers have a cancer promoting gene called GRPR (gastrin-releasing peptide receptor) which is activated by nicotine and which resides on the X chromosome, of which we girls have two therefore giving us a much greater possibility for lung cancer.
- ✓ **The Other White Meat:** People living near hog farms report more headaches, diarrhea, and minor respiratory problems. Researchers also found that people who lived within two miles of an industrial hog farm reported a reduced quality of life. Fewer enjoyed outdoor activities than people living elsewhere. What a surprise.
- ✓ **Celiac Disease** affects one million Americans and many of us have no idea we have it. The average individual with celiac disease goes 11 years before receiving a diagnosis. (However, I find it routinely in food sensitivity testing.) Celiac disease is an intolerance to gluten, the main protein in wheat, rye, oats, barley. It can cause intestinal inflammation, "leaky gut" and malabsorption with symptoms like diarrhea, cramps, anemia, osteoporosis, and even dementia and seizures.
- ✓ **Marijuana** may trigger heart attacks in middle-aged and elderly people. Almost 4,000 people who had heart attacks were studied, with 124 of these being current pot smokers. It was found that thirty-seven had smoked pot within 24 hours of their heart attack.
- ✓ **Joke:** "When I press my forehead with my finger it really hurts" a patient complained to his doctor. "And when I do the same to my cheek, it's also painful. Even if I press on my stomach, I suffer. What can it be?" After many tests, the doctor was stumped, so he sent the patient to a specialist. The man returned to his doctor the following week. "What did the specialist say?", the doctor asked. The patient said, "I have a broken finger." (This exemplifies the adage I learned in Differential Diagnoses: "If you hear hoofbeats, first think of horses, not zebras.")
- ✓ **Our gallbladders** get very cranky when we eat foods that we are allergic to. Most likely culprits are eggs, pork and onion, but almost any food is possible. (Mine acts up when I eat lobster . . .) Eliminating the food allergens eliminates the gall bladder attacks which also eliminates the need for surgery.
- ✓ **Snoring** may trigger high blood pressure which can lead to heart disease or stroke. Some researchers even see snoring as a condition similar to high blood pressure. Like HBP, snoring is becoming increasingly common "because people in the United States weigh more and sleep less than they used to - both flabbiness and fatigue aggravate the racket." Try those little bandaid things for your nose (Snore Stops) and see if they work for you.
- ✓ **Regarding Estrogen:** Wow! The MD's can't ignore this now. In a surprising reversal of prevailing medical wisdom, researchers have warned subjects taking estrogen that they are slightly more likely to have heart attacks, strokes or blood clots during the first two years of use. I'm not sure which estrogen they used in this study, but they probably used Premarin, the estrogen derived from horse urine. Although there are no current studies to support this, we natural docs feel that the soy based estrogens, like estradiol, estrol and estrone are inherently safer. Furthermore, I feel that women should take these only on a temporary basis and only for intractable hot flashes and other uncomfortable symptoms that won't disappear on a natural regime.
- ✓ **Biopsy Alert:** Recently pathologists at Johns Hopkins took a second look at more than 6,000 biopsy samples previously analyzed by other institutions and the results were shocking: Almost two of every 100 analyses were erroneous, and nearly 25% of the misdiagnoses mistook a benign growth for a cancer and six percent gave patients an "all clear" when in fact, they had cancer. Applying these statistics cross the country, could add up to a "conservative estimate of 30,000 mistakes a year"! For these reasons, it is recommended that you have any biopsy samples double-checked by an independent lab and by a pathologist who specializes in the tissue type under scrutiny. (NY Times, 4/4/2000)
- ✓ **Sex and Smoking:** Male smokers have sex less often. And enjoy it less than non-smokers. Nonsmoking men reported having sex an average of 12 times a month and rated it a "9" on a scale of one to ten. Pack-and-a-half-a-day smokers had sex half as often and rated it a "5". Theory: Tobacco toxins stored in the testicles inhibit production of testosterone.

**Nightly News:** I've always liked to sleep in a very dark room, the kind of dark where you can't see your hand in front of your face. Now I find that I'm not weird, but behaving instinctively in a healthy manner. Thomas Edison and GE have really messed with our sleep cycles as we can now erase the night and have our lights on round the clock if we so desire. However, the industrial revolution has always come with a steep price.

Studies are now showing that sleeping in a light bedroom can disrupt our melatonin levels and increase our risk of developing cancer. A decrease in melatonin can increase the risk of developing estrogen-related malignancies, like breast cancer. Melatonin is also one of the body's most powerful antioxidants.

Interestingly, a report by the CDC about 8 years ago, showed that "profoundly blind women had half the breast cancer risk as normally sighted womxn." In women who had severe visual impairment but could still sense light, there was no difference in the breast cancer rate. Now for the guys: Among profoundly blind men, the lower incidence of cancer showed up largely in cancers of the prostate, stomach, colon, rectum, skin and lungs.

What does this mean? Please sleep in complete darkness as much as possible. If you have street lights or if your neighbor's porch light comes in your bedroom window, purchase some sort of window treatment that will block the light. Remove any additional night lights you may have in your bedroom including your clock radio with the red LED light. Also, don't turn on a light when you go to the bathroom (grope around in the dark like I do!) as this will nearly stop all melatonin production.

**Good Fats:** DHA, or docosahexaenoic acid, has been in the news lately. 1) It was found that babies who were fed with formulas fortified by the fatty acids, DHA and arachadonic acid (AA) scored seven points higher on a variety of tests compared to those given the more typical baby bottle fare. Mother's milk, by the way, contains optimum proportions of DHA and AA.

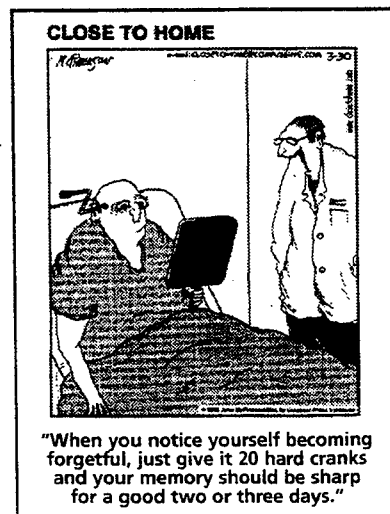
More than 60 countries have already approved the addition of DHA and AA to infant formulas, but as usual our FDA is dragging its heels on something beneficial like this I guess because it's so busy pushing through drugs like Rezulin - the diabetes drug that caused so many deaths that it was yanked off the market within months of its much heralded debut.

In adults, DHA was found to lower systolic blood pressure by 6 points and the diastolic by almost 4 points. Fish oil caps are usually mostly EPA (eicosapentaenoic acid) which was found to be less effective than straight DHA. Caveat emptor: Either buy straight DHA or read the labels on your fish oil caps to make sure it has sufficient DHA. DHA is also very good nutrition for the brain. Eat DHA-rich fish like tuna, sardines and Atlantic salmon.

**Coffee - the next health drink?** As my mother liked to tell it, when I was a baby in Havana, Cuba and being unsuccessfully bottle fed with terrible imported WWII formula, she tried putting everything into the formula to make it palatable - honey, chocolate, vanilla, sugar, maple syrup. Only when, in desperation, she added sweetened coffee did I shlurp it up. So, you can see coffee is my "soul" food and one I find almost impossible to give up.

I am, therefore, always delighted to find some positive news about my favorite drug: 1) A 1998 study showed that subjects who drank two cups of coffee a day or less experienced a 47% decrease in colon cancer. 2) A 1999 Harvard study revealed that men who drank at least two cups of coffee per day had a 40% less chance of developing gallstones. 3) In late May, JAMA announced that men who drank about 2 cups of coffee per day decreased their incidence of Parkinson's disease by half. (Any more than 3 cups may actually trigger the disease. Fine line here.)

**Male Bashing:** Men lose brain tissue almost three times faster than women. This tissue loss may cause declines in memory, mood and abstract reasoning. (I didn't make this up.) This also results in not being able to ask for directions when lost, knowing where the dishwasher is and what to do with it and ditto the vacuum and clothes hamper. Further results include thinking that certain plaids and stripes look good together or that bright yellow slacks are the height of fashion. (I made this up.)



## Immune Support Breakfast

(Thanks to Wyncia Clute)

- 4 cups Rolled grains (Begin by using the following proportions and adjust as necessary: 2 cups rolled oats and 2 cups other rolled grains, like rye, barley or rice. If the latter aren't available, just use oats.)
- 2 cups Oat bran
- 1/2 cup Fresh/dried/fruit/seeds (Raisins, dates, blueberries etc.)
- 1 cup Sunflower and/or Pumpkin seeds (Can be ground)
- 1 cup Nuts (Begin with walnuts and almonds)
- 1 cup Lecithin Granules
- 1 cup Ground Flax Seeds
- 1/2 cup Chia Seeds

Spices: try coriander, fennel and/or turmeric. Begin with 1 tsp. of each. Experiment with ginger, cinnamon and other herbs and spices.

Grind flax seeds in a coffee blender. Next combine all ingredients and keep in refrigerator. If you eat it every morning, this amount should last one person about a week.

Soak 3-4 T. cereal mix for 30 minutes or longer before eating. Use water, nutmilk, rice milk, apple juice etc.

You can make your own almond milk by blending 1/2 cup almonds with 2 cups water in a blender.

## Dr. Bea Recommends

If you are like me, you belong to a large and cumbersome HMO which is becoming more and more recalcitrant, unwieldy and unwilling to do more than the very basic preventive testing. Furthermore, in order to reach anyone with an M.D. hanging off of her surname, you must run the gauntlet of message centers, Greek choruses and nurse practitioners; and while "holding" for an impossible length of time, you are also forced to endure the world's most annoying music. Managed care is becoming unmanageable, at least for it's hapless members.

Like most of my patients, I use my HMO membership only as a last resort, keeping it for that unforeseen health event. I have the very basic plan for which I pay \$197.10 per month and for which I receive (for \$10 per visit) labs, radiology and visits with my physician. Being a doctor myself, I expect interactive health-care - equal to equal - from my Kaiser doctor. Whups. How wrong can I be. For this reason, I have found an M.D. outside of my HMO system whom I pay out of pocket but who is unbiased and unconcerned about the corporate bottom line and therefore is more sensitive to my needs.

God forbid, I should ask Kaiser to approve any lab testing that I think I might need for preventive care. They will prescribe a lipid panel to determine cardiac risk - and that's all. Kaiser will not order or pay for the lab testing which I consider important for anyone over 45 especially those of us with existing cardiac risk factors, like a familial hyperlipidemia or two parents who died in their 70's of vascular disorders (Mom: Heart. Dad: Stroke). My cholesterol runs in the low 300's and nothing seems to nudge the numbers downward into what is now deemed the safe range of 200 or less.

The Kaiser docs are urging me strongly to take Zocor (Kaiser's approved lipid lowering drug . . . ) to lower the cholesterol, but they are stubbornly insisting on this pharmaceutical path without looking

at other lesser known (but of equal diagnostic importance) risk factors for heart disease. Based on the lipid panel only, they continue to offer drugs as their best medical advice.

My advice to anyone over 45 is this: First, ask your HMO to perform the following lab tests under the terms of your policy. They will probably refuse on the grounds that these tests are experimental and/or not proven and/or worthless. If this happens, raise a stink, and then ask me or someone else to order them for you from an independent lab like Quest. The following tests will cost you close to \$300, but I think they are well worth it.

1) LP (a): This measures the "sticky" cholesterol. It's dangerous and it's the stuff that causes blockages and hardening, especially if it is oxidized by free radical damage. Your values should be 30 mg/dl or less.

2) Homocysteine: These toxic byproducts of protein metabolism are a strong predictor of heart disease, and very easily fixed by supplementation with folate, B6, B12 and betaine. Your values should be under 9.2. umol/L

3) Fibrinogen: There is a huge movement towards the inflammatory etiology of heart disease, and this is a measure of inflammation in the body. Your values should be less than 350 mg/dl and the lower the better.

4) Highly sensitive C-reactive protein: This is an extremely sensitive measure of inflammation in the body. Values should be under .5 mg/dl. and again, the lower the better.

5) RBC Magnesium: This is a measure of the stores of magnesium - the anti spasmodic mineral - in your red blood cells. Do not ask for serum magnesium. You must get RBC magnesium. Since a heart attack is one giant and painful spasm, it's a good idea to see how you're

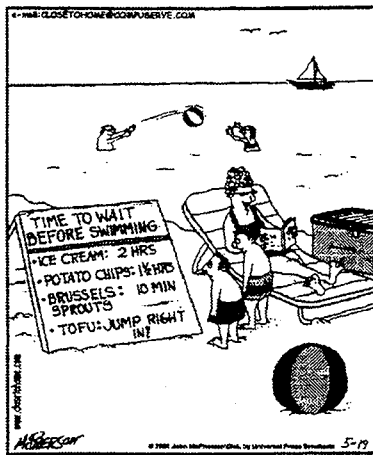
Protector, Formaldehyde Relief, Heavy Metal Mover, Toxic Relief Booster and Solvent Remover.

Since 1976, the EPA has been conducting the National Human Adipose Tissue Survey (NHATS) and they found the following 5 chemicals in **100%** - yes, **ALL** - of the random tissues examined: Styrene, 1, 4-Dichlorobenzene, Xylene and Ethylphenol, all four of which are solvents, and OCDD, which is a dioxin. Another 9 chemicals, including the infamous benzene, toluene, chlorobenzene and DDE (which is a partial dechlorination of DDT), were found in 91-98 % of all samples (Do you know why obese people often feel toxic when they diet? Because they are losing adipose **and** releasing toxic chemicals at the same time.)

If you've been alive in the 20th Century, you are aware of toxin-associated cancers:

- ✓ Look at Three Mile Island, Love Canal and A Civil Action, a book (and movie with John Travolta) about the dumping of toxic chemicals into a creek where children played and later died of lymphomas and leukemias. Ditto Erin Brockovich.
- ✓ The Davis Study revealed that men born in the 1940's had twice the cancer incidence as those born from 1888-1897, even when smoking was factored out.
- ✓ Women born in the 1940's had 50% more total cancers.
- ✓ Three studies have shown elevated levels of OCC's (*organochloridone compounds*) in breast cancer adipose tissue.
- ✓ In the June 10th issue of *Science News*, I was struck by the Twilight Zone aspects of a headline reading: "Algal Bloom is smothering Florida Coast": This is a seaweed called *Caulerpa verticillata* which feeds on water polluted by fertilizers, agricultural runoff and sewage. The sewage et al is injected deep underground, the pollution migrates underground eventually welling up from the ocean floor around coral reefs. It appeared only 10 years ago and has grown with terrifying explosiveness, choking marine life along 6 miles of deep-water reefs off of South Florida's coast.

### CLOSE TO HOME



"It's your choice, kids."

- ✓ A significant, positive association was found between brain cancer and exposure to No-Pest Strips, termite treatment, Kwell shampoo, flea collars on pets, diazinon use in the garden and the use of herbicides in the yard.
- ✓ Denver children living near busy streets are more likely to get cancer, (Jour Air and Waste Mgmt, 2/00) and those living near both a busy street and high power lines had an even greater risk. Car emissions contain cancer-causing substances such as benzene and toluene.

Don't despair! - here are several things you can do to keep our parallel universe safe and habitable and to keep yourself healthier as well: Support environmental causes to reduce toxins and pollutions, move to the mountains, have a toxin/chemical-free home with the help of ozonators and toxin-free cleaning products, buy used furniture, carpeting etc. because it has already out-gassed dangerous toxins and recycling is good anyway. Walk. Ride your bike. Try not to drive into Denver too often and if you do consider an ozonator for your car to protect yourself from car emissions. Wear a glove when you pump your gas. Avoid dry-cleaned clothing, (or hang it outside to air) fresh paint, solvents, polyurethane anything, cigarette smoke, liquid paper, new beds, carpeting and furniture, acrylic nails and any and all home pesticide use.

See me for chemical testing and let's determine what supplemental assistance your body might need to process chemi-

icals. Make sure your bowels are moving perfectly a couple of times a day; this is where the chemicals are excreted after the liver has processed them. Exercise, sweating, drinking lots of filtered water, and eating tons of organic fruits and veggies will also purge the chemicals.

Here are some plants that you can have in your house which effectively remove benzene, formaldehyde and trichlorethylene:

- Gerbera daisy
- English Ivy
- Sanseveiria
- Dracaena,
- Spathyphylum
- Chinese Evergreen and
- Bamboo palm

Please include these foods into your diet as they are potent free radical scavengers and will thwart some of the ill-effects of chemical toxicity:

- Prunes
- Raisins
- Blueberries
- Blackberries
- Brussels Sprouts
- Kale
- Strawberries
- Spinach
- Raspberries
- Plums.

And lastly, please avoid these foods unless they are certified organic:

- Strawberries
- Bell Peppers
- Spinach
- U.S. Cherries
- Peaches
- Mexican Cantaloupe
- Celery
- Apples
- Apricots
- Green Beans
- Chilean Grapes and
- Cucumbers.

Heisenberg's Principle of Uncertainty states that at the subatomic level, we cannot observe something without changing it. Hopefully, by observing and acknowledging the chemical poisons in our personal parallel universe, we can begin to change it.

(Thanks to the *Alternative Medical Review*, February and April of 2000 for much of this information. Also, *Townsend Letter*, several issues, plus various and sundry collected publications. Actually, you don't have to look very far to find scary news about chemicals and the environment.)