

# Dr. Bea's

MARCH 2000



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## *"Strait and Narrow" \* - The Natural Path to Health*

As a natural healer specializing in the treatment of chronic illness, I am often frustrated with my patients. I touched on this briefly in my last newsletter when I discussed the use of naturopathic healing methods as being biologically and energetically harmonious yet, at the same time, more gradual (read: agonizingly slow sometimes), often grueling and very likely physically and even emotionally uncomfortable.

I would say that maybe 15% of my patients are difficult to treat. They come in to see me with desperate health problems. They beg me for help in regaining their health. And they promise that they will be willing to do anything, "anything, Doc" to get well. They have been to this doctor and that specialist and no one has been able to help them.

Yet these same desperate people will return to me for a second or a third visit with supplement bottles barely touched, complaining about how it's "impossible" for them to give up wheat or milk or oranges or garlic or whatever. Or about how they can't go on a yeast-free diet for even a month, ("It's too hard. . .") or how their husbands or wives refuse to come in for a FREE consultation to see if perhaps they are perpetuating their partner's yeast/fungus/ molds/parasites/whatever. As George Bernard Shaw so aptly described: " {they are} . . . feverish little clods of ailments and grievances complaining that the world will not devote itself to making them happy."

I used to get furious with people like this. Now, I just don't treat them. It's

too frustrating. Over the years, I've learned to screen new patients to root out the dissidents, and most of the time I'm successful. If I can't initially pick up the subtle scent of potential neurotic opposition, then after a couple visits - after I've recognized the familiar pattern - I just don't treat them anymore. I've often puzzled over this: These people are sick and unhappy and say they want to get well, but will very cleverly sabotage the process. Here are a couple of scenarios that I've learned to recognize:

1) *"My wife made me come."* These patients have no intention whatsoever and as soon as I hear this, we have a serious chat. If I pick up the scent of dissent, they actually leave before the first visit is over and I don't charge them. Wifely (or husbandly) coercion does not a good patient make.

2) *"I didn't know it would take so long."* These patients are worth saving and need just a bit more education into the ways of natural medicine. They are used to popping a pharmaceutical and having all the bad things go bye-bye in 24 hours. What they don't know is that the bad things don't actually go bye-bye; they just get buried deeper and deeper into their bodies and eventually create illness and havoc. You don't want to mess with Mother Nature, and when you do, watch out. She will get you back ten-fold.

3) *"It costs too much."* Very valid complaint. Insurance usually doesn't cover the supplements, and yes it does cost money and in a sense is an

\*Sermon on the Mount: Matthew 7: 13.

# Genetically Modified Organisms

(A letter to the Boulder Camera, 1/6/00)

"The headline 'Grocers plan gene-altered food ban: Wild Oats, Whole Foods plan to keep such foods off their shelves (1/100)' was very misleading. To the contrary, their stores are currently packed full of hundreds of products made from genetically modified organisms (GMO's).

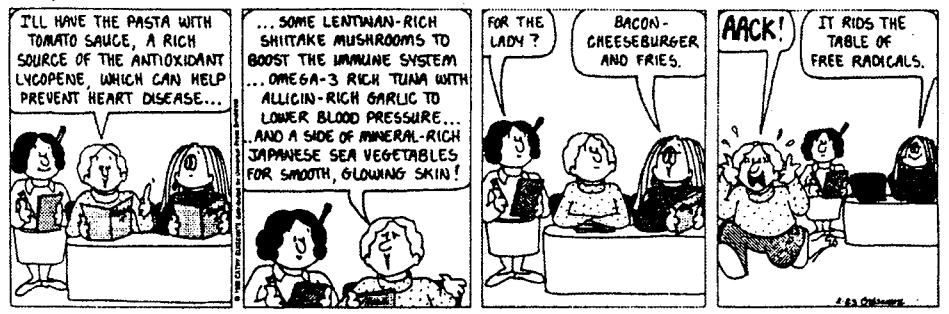
I was skeptical when I heard about GMO products such as tomatoes with fish genes genetically inserted. My concern increased with the report that Monarch butterflies were dying after eating pollen produced by Monsanto's GMO corn. Without consideration of long-term impacts, 35% of the U.S. corn crop in 1999 was from Monsanto's GMO corn. There also is the potato "engineered" to kill the potato beetle D. The USDA does not recognize this potato as a food product. The EPA, therefore, has oversight because it (the potato) is considered a pesticide.

Not wanting to be one of Monsanto's test subjects, I decided to shop at Wild Oats/Whole Foods thinking that surely they would not carry such controversial products. To be on the safe side, I e-mailed some manufacturers of some products (non-organic) I enjoyed through e-mail addresses found on their products. All responded that 'they could not verify whether or not their products contained GMO's'.

I discussed my concerns with store employees who were surprised that their stores were selling GMO products. After contacting Wild Oats corporate offices, I was shocked by their indifference and attitude that they did not feel they have an obligation to inform their customers that they are buying GMO products. Hopefully, one of the stores will take the leadership role I expect from the 'health food' industry leaders. There is no excuse for not putting labeling on shelves to let customers know whether they are buying GMO products. In the meantime I will impatiently wait for someone to make some non-GMO masa harina so that I can make some nontoxic tamales. Bon Appetit."

John C. Graham  
Boulder

Cathy



## Science News of the Weird: 1999

1) An Oklahoma tornado set the wind-speed record of 318 miles per hour. Exactly how many cows, double-wides and pick-up trucks disappeared in the funnel this time, and will there be a sequel starring Helen Hunt?

2) Microbiologists found the largest bacterium ever - the size of a period on this page - in sediments off Africa, (this must have given our Neanderthal ancestors one heck of a cold!) and revived a 250-million-year-old bacterium from buried salt crystals. Shouldn't we leave well enough alone? Or is this just my imagination creating fodder for a made-for-TV plague movie starring Jenna Elfman as the hapless yet sincere plague specialist, Edward Hermann reprising his usual presidential role as the perplexed yet earnest president of the United States and Viggo Mortensen as Elfman's love interest yet right-wing military yahoo working behind everyone's back in cahoots with a large awful pharmaceutical company (Monsanto?) to steal the bacterium for some nefarious purpose that I can't think of right now.

3) Roadside monitors revealed that traffic churns up pollen and molds, loading urban air with allergy-provoking pollutants. Anyone who drives on I25 in Denver can easily attest to this with chronic coughs, exhaust fume malaise and chemically induced anxiety attacks

4) Recently, researchers spent an inordinate amount of time studying worms swimming in a stew of Prozac, for what reason I can't fathom. Perhaps they had some grant money left over or some-

thing. Anyway, can't you just see the blissed out worms floating about on their tiny inflatables, their tiny sunglasses on, a tiny pina colada in hand, without a care in the world? I'd like to see Dennis Miller do some comedy improv on this subject!

5) Running an automatic dishwasher is the most efficient means in the home for relasing waterborne pollutants into the air. If hearth, home and kitchen are endangered, we might as well run for the hills. Build your Ted Kascinski cabin (eschew the bombs and stuff), cancel your Needless Markup credit card and live off the land. Or maybe doing your dishes by hand would be less of a life-style change. Or maybe staying out of the kitchen while you're running your dishwasher is even better.

6) Threatened mothers produce extra-tough offspring, at least among radishes and water fleas. Moms boost their defenses and pass them along to their young even after danger passes. Let's see, is there some way we can anthropomorphize this? Infants and waterfleas? Toddlers and radishes? Yeah, yeah, I think it holds together.

7) Soccer players did worse on memory tests than did athletes in several other sports, suggesting that heading soccer balls causes brain damage over time. No comment.

## Newsblips

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- ✓ Israel was alarmed at the skyrocketing increase in all kinds of cancers, especially breast cancer. So, the government banned almost all insecticides, pesticides and steroid hormones used in animal food and milk. In 5 years, the breast cancer rate dropped 30%. It's the only country in the world where breast cancer rates have actually gone down. Might that be because the Israeli government is less concerned about pleasing the Military Industrial Complex and more concerned about the health of their people? (R. Schulze, N.D., audio tape)
- ✓ Yet another kudo for tea: The alleviation of hemochromatosis. This a genetic disorder that results in excessive accumulation of iron. Eighteen patients with this disease were assigned to drink Wewesse Ceylon Broken tea, then tested on their absorption of iron. Ingesting this tea inhibited the absorption of iron by as much as 70%. I mention this because black tea would also be good for post-menopausal women who no longer have the means to rid themselves of excess iron. I think all healthy post-menopausal women should give about 3 pints of blood a year, as it's an easy way to reduce excess iron and reduce the risk of heart attacks, liver disease, diabetes and other problems. Make an appointment with your local blood bank today. (Gut, 1998)
- ✓ Cutting out fatty foods can help prevent skin cancer. In a group of 115 non-melanoma skin cancer patients, a 20% fat diet dramatically cut recurrence rates. Fats in foods end up in cell membranes including those of skin cells, and influence the formation of free radicals that lead to cancer. Another reason to avoid the drive-thru at MacDonalds ... (Good Medicine, Summer 1999)
- ✓ Beans beat colon cancer and water prevents bladder cancer. Give your colon a gift of a pot of beans every week and drink 2.5 liters of filtered water per day for bladder health . Easy Pot o' Beans recipe: 2 cups any kind of beans (pinto, kidney, northern), 6 to 8 cups of water, 4-6 peeled whole garlic cloves, 2 T olive oil, 1/4 t. cayenne and sea salt. Put everything in a covered casserole, give it a good stir and cook for 8 hours (overnight is good) at 250 degrees.
- ✓ Dioxin ( toxic byproducts of industrial processes and combustion) accumulates in fatty tissue - like women's breasts and men's prostates. Because fatty breast tissue accumulates dioxin, a woman gives up half of her total body load of dioxin to her first breast-fed baby. Vegans - who eat no animal products - have the lowest dioxin levels. ( Am. Chem Soc, 3/23/99)
- ✓ Yet, bottle fed infants tend to result in obese children by the time they reach school age. By breastfeeding their children during the first 3 to 5 months of life, mothers can give their kids a 35% better chance at avoiding obesity. The longer they are breastfed, the less likely they are to be overweight when they grow older. (Lancet, 7/17/99).
- ✓ Get yourself some blueberries. Eat them daily. Blueberries are a rich source of pigments called flavonoids that show strong antioxidant activity. Our dear friends, the rats were pretty heavy tested recently and it was noted that the 10 older rats that got the blueberry-laced chow outperformed the unsupplemented younger rats in every test of motor coordination. The geri-rats ate about 1 cup human equivalent per day. (Jour Neuroscience, 9/15/99)
- ✓ Active women have fewer gallstones. Exercise and having a job that keeps a woman on her feet results in less gallbladder surgery. (NEJM, 9/9/99) When I was in chiropractic school, we learned in differential diagnosis that women that had a gallbladder disease profile were "SF": Fair, Fat, Forty, Fertile, Flatulent. Now we can add another "F": Futon potato.
- ✓ Active women also have less uterine cancer. Cancer of the uterine lining kills about 6,000 women in the U.S. each year and the risk rises if the woman is middle aged, obese, bears no or few children and takes estrogen replacement. Now a 20 year study of 11,000 Swedish women adds two more items to the list of risk factors: 1) excess weight in young adulthood and 2) a low level of physical activity. Women who exercised hard were 80% less likely to develop uterine cancer than women who didn't exercise at all. (Int'l Jour Cancer, 7/2/99)
- ✓ Women using oral contraceptives are 20% more likely to have symptoms of TMJ pain than women not on the pill. Similarly, the odds of having jaw pain were about a third higher in postmenopausal women on HRT than those not on HRT. (Univ. of Wash, 3/99)
- ✓ Men who dominate conversation and frequently interrupt others are more likely to die early than men with a more relaxed style. This includes qualities such as verbal competitiveness, loudness and self-aggrandizement. Researchers found that socially dominant men are 60% more likely than others to die of any cause. (Jour Am Psychosomatic Soc, 1/23/99) Could this be because they don't have any friends? Is this a form of natural selection for unpleasant people?
- ✓ Protect naturally against macular degeneration, the leading cause of blindness in individuals 40 and older, with lutein and zeaxanthin rich foods. Foods rich in these carotenoids are eggs, grits, corn bread, orange juice, spinach, broccoli, orange peppers, squash, pumpkin and its seeds, kiwi and red grapes, brussel sprouts and kale. ( British Journal of Ophthalmology, 1998)

**Panic or PSVT?** It turns out that women with panic disorders may just not be a bit off after all, but may be suffering from a relatively uncommon heart problem called paroxysmal supraventricular tachycardia or PSVT. Its hallmark symptom is a wildly fluttering heart beat seemingly coming out of nowhere.

Researchers looked at the experiences of 107 patients with PSVT and found that about two thirds had the same symptoms that define panic disorder - breathlessness, lightheadedness, trembling and anxiety. In more than half of the patients, PSVT wasn't picked up in an initial medical evaluation and most remained undiagnosed for more than three years. Their doctors, who weren't psychiatrists, attributed the symptoms to panic, anxiety or stress in 65% of the women but in only 32% of the men. (Pretty blatant gender bias, hey what?)

The symptoms of PSVT can begin anytime from childhood to old age but typically start when patients are in their early 30's. People with panic attacks should definitely rule out the possibility of PSVT, especially if palpitations are their main symptom. (Archives of Internal Medicine, 3/10/97)

**Turista?** Try this next time you're overwhelmed with socially unacceptable urgency due to bad sushi, antique leftovers or water in Mexico: First and foremost, the minute you can keep Herbal Bulk down, start taking a teaspoon every hour or so in a mild diluted juice. The bentonite clay in the Herbal bulk will adsorb all the bad bugs and their poisons very well and very quickly, thereby reducing your misery much faster.

Avoid solid foods and drink lots of clear liquids, such as water (filtered!), broths etc, but avoid very hot or very cold liquids. To make your own dehydration- fighting drink, mix 4 teaspoons of sugar and one of salt in one quart of water. As symptoms wane, follow the BRAT regimen which is this: Eat bananas, rice, applesauce and toast. Then switch to small amounts of semisolid food like potatoes, pasta and rice.

**Atherosclerosis Bacteria:** The new baby of the functional medicine research guys including Jeff Bland, Ph.D. is the infectious and inflammatory etiology of practically everything. In several large studies, infection with chlamydia pneumoniae has been found in atherosclerotic lesions. It is found in the macrophages (bacteria eaters) of the lesion in the artery wall. The results of the study indicated that evidence for C. pneumoniae infection frequently precedes both the earliest and more advanced atherosclerotic lesions that harbor this intracellular pathogen, suggesting a chronic infection and developmental role in heart disease. (Circulation, 1998)

**Toe Nail Fungus:** This is the devil to treat, and most of you will end up on some liver toxic drug C like sporazonole or diflucan, which have a lousy 55% cure rate. But here's something new: Penlac Nail Lacquer contains the antifungal agent ciclopirox. The user just applies the polish to the infected nail and adjacent skin

once daily for - and here's the rub - 48 weeks- and removes the layers of polish with alcohol weekly. At least it's safer than ingested antifungals.

Here's another idea: Try one-third DMSO, one-third tea tree oil and one-third tincture of cilantro. The DMSO and the tea tree oil can be purchased at any health food store and the cilantro can be purchased from Dragon River (505-583-2348). It is non-toxic, not terribly expensive and seems to work if you have the patience to apply it twice daily for at least a year.

**It's your attitude that counts:** Research published in the Journal of American Geriatrics Society (11/99) suggests that some of the physical unsteadiness and accidents associated with aging can be blamed on psychological conditioning. Using a shoe insert specially designed to monitor gait, researchers compared two groups of elderly men and women.

The groups played a computer game embedded with subliminal messages. One group received positive messages such as "wise", "astute" and "accomplished" while the others were given terms like "senile", "dependent" and "diseased." After the game, the two groups were asked to take a walk. The positive group showed a profound improvement in their walking technique compared to previous measurements. Improvements included speed, which was an average of 9% faster. "Shuffling" was also lessened.

The group that received negative subliminal messages showed no change, suggesting that they were already programmed to feel senile, dependent and diseased. Researchers hypothesize that the elderly in general accept many negative stereotypes about their conditions and behave accordingly.

**Vitamin C - Miracle Vitamin:** According to a study in Lancet (12/11/99), vitamin C has now been shown to lower blood pressure. Thirty-nine volunteers with moderately high blood pressure took either 500 mgs of C or a placebo for one month. In the vitamin C group, systolic pressure dropped by about 13 points and diastolic by 8 points. The reductions are similar to those seen with anti-hypertensive medication. Because it's still unclear whether eating vitamin C-rich foods would be as effective or what supplement dose is best, I think it's a good idea for all of us to take at the very least 1 gram of C per day. You cover a lot of health bases with that one pill.

**Want to Lose Weight? Chew Gum!** A small study by Mayo Clinic researchers found that people who continuously chewed sugarless gum burned an average of 11 calories more per hour than people who sat still and did nothing. This would translate into a weight loss of about 10 pounds over a year if caloric intake remained the same. Fidgeting also burns calories. So, if you are fidgeting and chewing gum to lose weight? This is not a pretty picture - I'd say keep those extra pounds.

(Paraphrased from Dr. Atkin's  
"Health Revelations Newsletter", 2/96)

A patient gave me this list of common ingredients that are cancer-causing or just plain dangerous. The skin is permeable and it absorbs everything that contacts it. This, of course, is why medicines like Nicoderm and high blood pressure patches work, why it feels good to rub Wintergreen Oil or Traumeel on sore muscles, or why a lavender bath can soothe the savage beast. After you read this list and start reading the labels, you may feel a bit hopeless as I did, but one line of products mentioned to be safe is *FreeLife's Organic Essentials* by Linda Chae. And I am sure there are others, too. (The following list is from an article published Sept, 1997 in *Natural Health Magazine*.)

1) **Isopropyl alcohol:** Solvent, denaturant, petroleum derived. Used in anti-freeze and as a solvent in shellac. Also in hair color rinses, body rubs, hand lotions and many other cosmetics. May cause headaches, flushing, nausea. Fatal dose is one ounce. Hulda Clark, Ph.D, N.D. who wrote *The Cure for All Cancers*, thinks that anything with "propyl" in it can cause liver cancer.

2) **DEA, MEA and TEA:** Diethanolamine etc. Hormone disrupting, usually in products that foam like bubble baths, shampoos, soaps. Increased possibility of liver and kidney cancer, and is especially bad for children.

3) **FD & C Color Pigments:** Just avoid any dyes. They are all carcinogenic.

4) **Fragrances:** The word "fragrance" on a label can indicate the presence of up to 4,000 ingredients that are not only synthetic but may be carcinogenic or otherwise toxic. Since the nose provides a straight shot to the brain, fragrances are infamous for causing behavioral changes like irritability, confusion and anxiety. (I find it difficult to walk into Target or the Foley's Mall or any fabric store - the subtle odors of chemicals and fragrances tend to make me wacko.)

5) **Mineral Oil:** Coats the skin like plastic wrap. It disrupts the skin's immune barrier and inhibits its ability to breathe and absorb and to release toxins as well. Acne and premature aging are possible sequelae. (I knew a girl in college who used to drink mineral oil in great huge quantities to make her bowels move. I wonder what ever

happened to her?)

6) **PEG (Polyethylene glycol):** Dissolves oil and grease. Used in caustic spray-on oven cleaners yet are also found in many personal care products! Bad, Bad, Bad.

7) **PG (Propylene Glycol):** PG is a surfactant or wetting agent and is the active component of antifreeze. It is also found in most forms of make-up, hair products, lotions, after-shave, deodorants, mouth-washes and toothpaste. People working with PG must wear protective gloves, clothing and goggles because it is so toxic. Then we go and smear it all over our bodies. Lets see, what's wrong with this picture?

8) **Sodium Lauryl Sulfate (SLS or SLES):** Used in 90% of products that foam, including car wash soaps, garage floor cleaners and engine degreasers. Also, shampoo, toothpaste, hair conditioners. Children's eyes are at risk. It's a potent nitrosamine transformer (big carcinogen) and stays in the body for up to 5 days.

9) **Urea (Imidazolidinyl and DMDM Hydantoin):** These preservatives release formaldehyde which is one of the major causes of chemical poisoning today.

10) **Triclosan:** A chlorinated aromatic, similar in molecular structure to some of the most toxic chemicals on earth: Dioxins, PCB's and Agent Orange. It is an antibacterial chemical and is found in detergents, dish washing liquids, soaps, deodorants, cosmetics, lotions, toothpaste. It's also a chlorophenol, a class of chemicals which can cause cancer. A Tufts University School of Medicine study reveals a similarity in the indiscriminate use of triclosan and the current indiscriminate use of antibiotics: "Triclosan is capable of forcing the emergence of 'superbugs' that it cannot kill. . . using triclosan daily may be unwise."

11) **Chlorine:** Although chlorine isn't in personal care products, most of the above products don't protect against chlorine's damaging effects and may even encourage the damage.

Start reading your labels, folks, and eliminate as many of these bad boys as is humanly possible. Even getting rid of one of the above is a step in the right direction.

Most medical authorities have always been slow to acknowledge the role of a high-carbohydrate diet in the risk of breast cancer. They've also been less than quick to pick up the stick on how dietary fats tend to guard against the disease. The results of a brand new study might wake them up.

After studying the diets of some 5,000 women, half of whom had diagnosed breast cancer, Italian researchers found that eating a lot of pasta, white bread and other starchy foods increased the risk of cancer by as much as 39%. Consuming olive oil and other unsaturated fats lessened the danger, while saturated fats from meat and other sources exerted only minimal influence either way. (*Lancet*, 5/18/96).

The women who ate the highest amounts of fat had 19% fewer cases of cancer. The chance of developing the disease climbed along with carbohydrate consumption as fat intake fell below 30% of total calories.

Chief investigator, Silvia Franceschi, M.D., and her colleagues expressed concerns similar to mine about a long term study now under way in the United States that involved putting thousands of women on a low-fat, high carbohydrate diet to test its effectiveness in reducing the likelihood of breast cancer. With at least two studies now casting a dark cloud of doubt on the carbo camp, it behooves the scientists involved to scrub this potentially dangerous experiment. And it's incumbent on the rest of mainstream medicine to prepare to deliver a grand-scale national apology. While they're at it, they can apologize about putting thousands of healthy women on Tamoxifen.

elitist kind of treatment: You do have to have some discretionary income to afford to heal naturally. This, of course, is a miserable inequity but then that's another disturbing discussion about the health care system today.

4) **Patient:** "I can't give up wheat. It's in everything."

**Me:** Yes, unfortunately, we live in a wheat-centered society, but you still have to eliminate it for probably a minimum of three weeks then I will recheck you." I hand them a sheet of paper which contains a list of wheat substitutes. They read it. Try to pronounce the words QUINOA and AMARANTH. We share a chuckle.

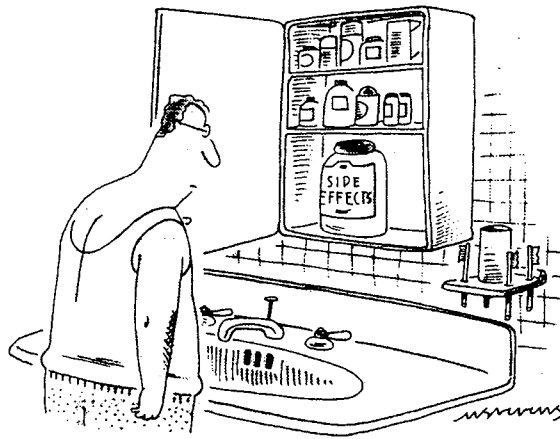
**Patient:** "So, I really have to cut down on wheat, is that it? I could probably have it just once a week or so, right?"

**Me:** No, you can't have pasta or any wheat product even once a week for awhile. See, even ONE MOLECULE of wheat will set up the histamine cascade which is causing your irritable bowel /fibromyalgia /reflux /depression /sore joints /hair loss /whatever.

**Patient:** "I can't do that. I wouldn't know what to eat for breakfast. I have a bagel every morning. Do you have a pill for wheat?"

Folks, you can see my frustration. Luckily, most of my patients are wonderful, cooperative, willing to make changes in their lives and truly want to get well.

For example, "NP", a 54 year old woman came to me in August of 1997 complaining among other things that she had been diagnosed with macular degeneration. I found



a chemical basis for the eye problem and over the course of two plus years, seeing her about every 6 weeks, we have slowly eliminated the chemical toxicity and supported her eyes. She called me a couple of weeks ago, saying that she had seen her ophthalmologist who found NO EVIDENCE of macular degeneration. She worked hard, bought the supplements and took her pills. See how SIMPLE it is if you do it?

However, a certain subset of patients think they want to get well, but just want to keep on doing what they've been doing for years and perpetuate the bad habits that got them sick in the first place.

For example, "BR" a 52 year old lawyer, overweight, drinking too much and extremely stressed out came in because his M.D. suggested high blood pressure medication, cholesterol lowering drugs and at that time FenPhen to lose weight. His wife, a patient of mine, suggested he see me. We had the famous "chat", and after about a 1/2 hour, we came to the conclusion that he was not a candidate for natural healing and would be better off on the pharmaceuticals. He would not/could not stop drinking nor would he change his eating and exercise habits in order to lower the

cholesterol and lose weight. There is nothing I can do in that case, except say a prayer.

These people are unwilling to change their lives in any way and think that the magical PILL will do everything for them, just like it does in allopathic medicine. You know, after an angioplasty or bypass surgery, some cardiologists will say something like "There, we've fixed your little problem ie. clogged arteries causing angina or a heart attack. Here are some pills that you can take every day and you can go ahead and live your life just the way you were doing it before. You can just stay as fat as you are now and of course, you don't need to exercise. We can just ream out your arteries again (for an exorbitant price)." I think this approach is wrong and irresponsible.

Lest you think I'm M.D. bashing, let me say that I think M.D.s are irreplaceable in the area of emergency medicine. For example, if I have a belly full of blood or pus from a perforated ulcer or a burst appendix or if I have a fulminating bacterial pneumonia, please, oh please! slice me from my "guggle to my zatch" (James Thurber) and/or throw all the antibiotics at me that are necessary to save my life.

Or if I am in a diabetic coma or my blood pressure is out of control or my kidneys are failing or I've just had a stroke or a heart attack. That's emergency medicine. Where do I and other natural physicians come in? We try like hell to keep you out of emergency situations - they're just not good for your health.

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