

# Dr. Bea's

OCTOBER 2000



HEALTH NEWS

## Cold / Flu Rescue

You feel that familiar tickle and scratch in the throat. Your eyes feel funny. All of a sudden you feel really tired and cranky. You just know you are coming down with something, and in two days

you are flying to Fiji - tickets and hotel already PAID FOR! You just CAN'T get sick! What do you do?

The very best thing to do is to get an emergency appointment with me, so I can figure out what type of bad guy you have and what sort of nutrition you should start stuffing into your mouth immediately and in great quantities. You should also follow the following instructions to the letter:

1) Don't go to work. Devote your day(s) to getting well.

2) Make a quick trip to the health food store now as you will want to make the following ASAP: Pour one gallon of water into your big stock pot into which you will put a 5" piece of ginger washed and chopped up, 4 organic lemons skin on and quartered, a whole head of garlic, cloves separated but unpeeled and smashed with your big knife a bit, then cayenne and honey to taste. Simmer awhile, strain and sip the gallon throughout the day. Drink the entire gallon in one day.

3) Using essential oils may turn the tide for you. Use - liberally - the following oils from Young Living: Thieves, Purification, RC, Melrose, Ravensara, Immupower, Oregano, Lemon. Rub them into your neck, on your chest and

rub your feet with them. Make sure you are smelling them all of the time. Don't underestimate these oils - they are unbelievably powerful. (Phone # below)



4) Stop eating. That "feed a cold, starve a fever" is all wrong. Starve everything. Our pets stop eating when they don't feel well, and so should we. It takes a lot of energy to process, digest, assimilate and eliminate food. Get the juicer out. Make lots of carrot

juice. Be drinking something at all times.

5) Make sure your bowels are moving well. This gets rid of accumulated waste and toxins. If you're constipated, you will retain the toxins longer and be sick longer. Start by using 1t. of Herbal Bulk in juice 4 times a day and/or eat prunes or take a laxative. You need to get things moving to get the bad guys out of there. A couple of coffee or plain enemas would also be extremely helpful.

6) Here comes the famous Hot Tea/Hot Bath combo: Buy one of those special teas at the healthfood store—Everyday Detox, Cold Season Tea, Flu Time Tea, Echinacea Elder Tea or Gypsy Cold Care—and use several teabags to one quart of water. Bring to a boil, turn off the heat and steep for about an hour. Put your strained, steeped tea into a thermos and drink it while you are taking the hottest bath you can stand. Buy the biggest box of Epsom salts you can find and dump the entire box into your hot bath. Lie there in the hot Epsom salt bath, drinking hot tea, and sweat for

## Regarding Electron Beam Computed Tomography (EBCT)

Just when I was seriously considering ordering up an EBCT to check the status of the calcium in my coronary arteries, a provocative article from Dr. Julian Whittaker's July, 2000 Newsletter entitled "Fast Track to Heart Surgery" changed my mind. Although I personally haven't heard any ads, apparently EBCT is being heavily advertised on radio stations and can be secured without a doctor's referral.

EBCT is a type of X-ray that measures calcium in the arteries of the heart. Because calcium is a constituent of the cholesterol plaques that block arteries, proponents of EBCT tout it as an excellent screening tool for atherosclerosis and risk for heart attack. Patients are given a "calcium score" of minimal, slight, moderate or marked which they are told correlates to their degree of heart disease. Whittaker suggests that this presumption "stinks."

Circulation, 1999, published an article on EBCT's power to predict heart attack. The 1,196 subjects, average age 66, all had a high risk for heart disease, although none had overt symptoms. They were screened with the usual heart tests and labs plus EBCT. Sixty eight percent had detectable coronary calcium, yet at the end of 3 years, the calcium score was no better than the other tests at predicting who would have a heart attack. As a matter of fact, none of the tests was very accurate at predicting heart attack or death. The authors concluded that EBCT added no significant information and its use in clinical screening was not justified.

Whittaker goes on to say that once people are told they have an elevated calcium score, they become one of the "worried well" who are dealing with the "fear of lurking disaster, and are easy prey for aggressive 'cures' such as angioplasty and bypass surgery." (This is yet another example of our cult of over-diagnosis through the 21st Century's technical ability to find a healthy hurple on your wogfrond then suggest removing it through major surgery.) Whittaker also states that perhaps we should all "presume" to have calcium in our coronary arteries and act accordingly. (Heart healthy diets, exercise, multi-vitamins, antioxidants

## Stop Antioxidant Bashing

Antioxidants have been under intense scrutiny lately, particularly Vitamins E and C. An article in the New England Journal of Medicine this year quoted a study saying that Vitamin E had no apparent effect in preventing secondary heart attacks. And, the National Academy of Sciences - referring to an unpublished, anecdotal study - recently proclaimed that Vitamin C actually caused atherosclerosis or heart disease and that those men who took a daily dose of 500 mg. of vitamin C had 2½ times the rate of thickening in the carotid arteries compared to those who didn't take supplements.

First of all, the studies on both vitamins C and E were flawed. The Vitamin C study has not even been published in a peer reviewed scientific journal. "In my opinion, this appears to be a random finding unsupported by solid evidence." (Andrew Weil, M.D.) Secondly, I'm not in the least bit willing to discard the brilliant Nobel Prize winner Linus Paulings' massive studies on the efficacy of Vitamin C (Pauling lived to be 93, taking 10 grams of C per day, finally succumbing not to heart disease, but to the prostate cancer he'd had for years.) Hundreds of other positive studies on vitamin C certainly outweigh this latest flawed study as well.

Thirdly, even if the studies were true (which so far they don't appear to be), it doesn't make sense to condemn all antioxidants because of the recent flap over Vitamins C and E anymore than it is logical to condemn all men because of the atrocities committed by Ted Bundy and John Wayne Gacy.

Don't be misled by this recent antioxidant bashing in the press. Ignore it. We need antioxidants to heal the damage done by rogue free radicals, which are the results of oxidation; our bodies "rust" as we age - like a beloved garden tool left carelessly out in the rain too long. The older we get, the fewer antioxidants our bodies are able to produce yet our need for them increases. I take a wide variety of antioxidants in supplemental form daily but I also try to include as many organic

fruits and vegetables as possible into my diet every day.

However, I don't believe that we can get optimal protection from diet alone since "more than 70% of the food we eat has been processed and largely stripped of health-enhancing fiber, natural oils, vitamins and minerals. Depleted soil, prolonged storage and sloppy food handling are additional nutrient killers." (Dr. J. Whittaker's Newsletter 6/2000)

Vitamin C should be taken in well over the dose - 90mg. - recommended by the National Academy of Sciences. It's probably the body's most important antioxidant: It lowers blood pressure, prevents kidney disease, reduces the risk of prostate cancer and viral infections. It may also improve longevity as vitamin C reduces the risk of death from cancer and heart disease. (PubMed) I would start with 2 grams if you are not gut-sensitive. As for extra vitamin C staying around in our bodies and "sticking" to the inside of artery walls causing atherosclerosis? Balderdash! Our body simply excretes the excess vitamin C like it does all other water soluble vitamins.

Vitamin E is the most active antioxidant in the fatty portions of your cells, and is the antioxidant most likely to offer the greatest protection from heart disease as it retards oxidation of LDL cholesterol. Flying in the face of the above assertions that vitamin E is useless are at least three very large studies that have demonstrated clear cut protection. One study, the Cambridge Heart Antioxidant Study (CHAOS) showed that patients with heart disease taking 400 to 800 iu's of E for 510 days had 75% fewer heart attacks than those on placebo. (Vitamin E should always be taken in its natural form or d-alpha tocopherol. Steer clear of the synthetic E which will be labeled dl-alpha tocopherol.) Since "we can get only 30 iu's of E from a balanced diet, some supplementation appears prudent." (Wm. Pryor, M.D. in Free Radical Biology in Medicine Jour, Vol 28, p 121, 2000) →

## Newsbriefs

**Dept. of Confusion:** Have you seen the ads on T.V. for Lipitor, the cholesterol lowering drug? First, we see a handsome, albeit worried-looking older man getting into a car with his gorgeous albeit worried-looking older wife. Apparently he has high cholesterol and his M.D. has prescribed Lipitor. In the next picture we see the handsome, no longer worried looking and smiling older man with his gorgeous, no longer worried looking and smiling older wife. Apparently, he has successfully lowered his cholesterol levels with Lipitor. About now, along the bottom of the screen, you see this statement: "Lipitor has not been shown to prevent heart attack or heart disease." What? Excuse me? If Lipitor can lower cholesterol levels (and it can), but can't prevent heart attack or heart disease, then WHY DO PEOPLE TAKE IT!

**"I'll have your DISEASED MEAT special, please."** I was appalled to read that the federal agency overseeing food inspection is "imposing new rules reclassifying as safe for human consumption, animal carcasses with cancers, tumors and open sores." I heartily agree with Wenonah Hauter, director of Public Citizens Critical Mass Energy Project who said, "I don't want to eat pus from a chicken that has pneumonia."

Even the meat inspectors are foregoing meat: Delmer Jones a 41 year veteran federal food inspector from Alabama says he is "so revolted" by the lowering of standards that he "doesn't buy meat at the supermarket anymore because he doesn't trust that it is safe to eat." (Even, the 1000 year old man, Gary Null, was complaining about cancerous chickens and wormy beef back in the 70's when he was only 500 years old.) I am not vegetarian, but I am very very careful about the "flesh" that I purchase. I quiz the butchers, and buy only organic. I advise you to do the same.

**Overweight?** Scientists now have an exact formula, called the Body Mass Index or BMI, for figuring if weight is over or under the norm. Get your calculator out and multiply your weight by 705. Divide that by your height in inches. Divide that again by your height in inches. If the answer is below 19, you are underweight; 19-24.9 is normal; 25-29.9 is overweight (15-20 pounds) and 30+ is obese.

**Trans fats:** "Introducing trans fat into the American diet is the single most harmful thing the food industry has done in the last 100 years." Dr. Walter Willet, Chairman Nutrition Department, Harvard School of Public Health. Even the FDA has recently added trans fats to its "bad fat" list and is making manufacturers add trans fat amounts to the nutrition facts labels.

Trans fats are altered liquid vegetable fats, shot up with hydrogen which makes it hard at room temperature, easy to spread and poisonous. Our body perceives trans fats as inedible and anxiously squirrels this fake stuff away in places where we especially don't want it, like the inner lining of our arteries. Trans fats can raise the "bad" LDL and lower the "good" HDL. Those of us who consume the most trans fats are 53% more likely to have a heart attacks than those who consume less - so avoid it like the plague. You'll have to start reading labels. Look for "hydrogenated oil", or "partially hydrogenated" anything and don't buy it. You will find this in most packaged goods - probably your very favorite foods. Be strong.

**High Blood Pressure Medication:** *The New York Times* (8-29-2000) reports that the second most popular kind of drug - calcium channel blockers - used to lower high blood pressure is less effective than other drugs in preventing heart attacks and heart failure. In fact, their use is leading to nearly 85,000 unnecessary heart attacks worldwide. (European Cardiology Society) In the United States alone, over 12.7 million people are prescribed calcium channel blockers: FYI, the PDR names them as Adalat, Calan, Cardene, Cardizem, Covera, Dilacor, Isoptin, Nimoptop, Norvasc, Plendil, Procardia, Sular, Tiazac, Vasacor and Verelan. If you are on any of these, you may want to talk to your M. D. about it.

## Newsbriefs (cont.)

**PSA:** I really hesitate talking about this highly controversial prostate test that men over 50 are being strongly advised to have. The problem is that if it is out of range (over 4 ng/ml), the standard of care is a biopsy, which is very uncomfortable and expensive and disturbs the prostate terrain. And for over 80% of men, the biopsy turns out to be negative. What if the biopsy is positive? Do you do Radical Prostatectomy? Radium Implants? Radiation? The side effects are usually horrible - from incontinence and erectile dysfunction to diarrhea and bowel urgency. Many men are just saying no to the PSA, and are doing their own version of watchful waiting with crossed fingers.

Four things: If you add a test called free-PSA to the total-PSA, it seems to eliminate a lot of false positives, thereby eliminating probably 40% of unnecessary biopsies. Secondly, researchers are also now pursuing a prostate cancer test that is even more sensitive than the PSA blood test: It analyzes urine (Science News, 4/8/2000) and looks for genetic alteration.

Thirdly, the natural medicine community is now using a new, very compelling Chinese formula called PC-Spes which seems to lower PSA's and has even been reported to eradicate outright cancers of the prostate. Lastly, for prevention and to maintain a healthy prostate, keep your bowels moving well as toxins that collect in the colon leach directly into the prostate because of the proximity factor; eat plenty of fruits and vegetables esp. the crucifers for the antioxidants and tomatoes for the lycopene, cut down on animal fat esp. red meat, introduce soy into your diet, and take some extra selenium and vitamin E. You may also want to read a book called Prostate Health in 90 Days by Larry Clapp and see me for a nutritional evaluation.

**Syndrome X:** This is a little-known cause of many heart attacks and here is how you know if you suffer from it: You suffer from Syndrome X: 1) if your fasting triglyceride level is in excess of 200 mgs/dl. 2) if your fasting HDL cholesterol level is under 35 mg/dl. 3) if your blood pressure is higher than 145/90. 4) if you are overweight by 15 pounds or more. 5) if your fasting blood sugar level is higher than 110 mg/dl or is higher than 140 mg/dl two hours after drinking a glucose solution. (Bottom Line Health, 6/2000). Losing weight, exercising and changing your diet will assist you in changing all the above, by the way.

**Get Over it:** Depression markedly raises one's chances of suffering a stroke, regardless of your age. Following people over a 16 year period, epidemiologists from the National Center for Health Statistics discovered that "symptoms of major depression raised the relative risks of incurring a stroke about as much as did a 40-point increase in systolic blood pressure." (Science News, 8/12/00) Severe depression symptoms posed even a greater risk than did 13 other factors, including high cholesterol, high systolic blood pressure, smoking cigarettes, drinking alcohol, shunning exercise or being overweight, black, diabetic or elderly. Maybe this is why some people can smoke, drink etc. and live to be 90? Because they are happy!

(There are three states of mind that tend to make us sick, to lower our immunity, to make us depressed: 1) **Hopelessness** ("I'll never be able to do this/ have this.") 2) **Helplessness** ("I don't know how to do this/have this.") and 3) **Worthlessness** ("I don't deserve to do this/have this.") If you see yourself in any of these three "lessnesses" make efforts to start transforming your self-talk today through talk therapy or whatever means necessary. Your life may depend on it.

(Continued from page 2)

Make sure that your antioxidant supplement has selenium and take about 200 mcg, daily as this antioxidant is a powerful protector against cancer. Beta carotene received a rap upside the head a few years ago when it was revealed that beta-carotene may increase the risk of lung cancer in heavy smokers. And, again with the same specious reasoning mentioned above, it was declared that all beta-carotene was bad for everyone. Hogwash! This is a great antioxidant for everyone but heavy smokers. It is

particularly good for the prevention of cancers of mucus membranes (digestive, mouth, lung etc.). Your multivitamin should contain at least 15,000 iu's.

Then there are the "designer" antioxidants like coenzyme Q10, quercetin, N-acetyl cysteine, alpha lipoic acid, reduced glutathione, milk thistle, ginkgo biloba and grape seed extract or proanthocyanadins. All of them good. The more the merrier; the less the rust.

## "Mental ills attract alternative therapies"

Imagine my shock and indignation when I noticed this article header in the July 15, 2000 issue of Science News. Any idiot could extrapolate the following from the above inflammatory statement: "All of my patients are crazy. I, in particular, am a crazy, probably despotic faux-healer, heinously preying on the weaknesses of the poor, crazy people who misguidedly come to me for help, who I then hypnotize into buying lots of supplements." (Please don't quote me out of context!)

The article goes on to say that about half of the patients made those visits for psychological problems and the rest for physical complaints. "Unconventional approaches included chiropractic, massage, herbal, spiritual and nutritional therapies. Such alternatives were much less popular among people without mental disorders, the researchers report in the July Archives of General Psychiatry."

"The researchers also found that three-quarters of those seeking alternative therapies had not told their physicians about that decision." Well, ye-e-e-s. Until allopathic physicians are willing to have unbiased dialogues with us crazy alternative folk, then their patients may be just a wee bit unwilling to inform them that since seeing Doctor Stangelove, they have - on their own and not ever at the suggestion of the alternative doctor since it is illegal - taken themselves off of Zoloft/Catapres/Zocor/Vioxx/Prempro or whatever pharmaceutical it is that they don't want to take anymore.

"Much remains unknown about the impact of alternative therapies on other [than "adjustment disorder, whatever that is. .] mental ailments." That certainly is true, because many M.D.'s don't want to know. It's their very own version of Don't Ask-Don't Tell. They obfuscate the issue further with cranky and blustery rhetoric. (In all fairness, more and more M.D.'s are open to alternative methods, but occasionally, patients will still tell me that their M.D. - usually from a large HMO - has said something akin to, "What are you seeing that crackpot for? Those supplements are worthless." If statements like these weren't so maliciously incendiary, they would almost be funny.)

After spending hundreds of thousands of dollars to learn how to prescribe pills, some M.D.'s are understandably terrified that their financial pool will be muddied by such upstart interlopers as Echinacea for colds, or St. John's Wort for depression or Kava Kava for anxiety; or by a simple neck adjustment which frees up parasympathetic innervation of the vagus nerve which controls digestion; or a change in diet after discovering a gluten sensitivity; or a detoxification of chemicals, molds or heavy metals.

As for my patient's being crazy? For the most part, my patients are intelligent, forward thinking, self-aware and certainly not crazy. Except maybe for the one patient who after her initial visit called back to cancel her second visit, saying she couldn't come to me because I "do Satan's work."

## Top Ten Signs that You've Joined a Cheap HMO

- 10) Your annual breast exam is conducted at Hooters.
- 9) Directions to your doctor's office include: "Take a left when you enter the trailer park."
- 8) Tongue depressors taste faintly of Fudgesicle.
- 7) The only proctologist in the plan is "Gus" from Roto Rooter.
- 6) The only item listed under Preventive Care Coverage is "an apple a day."
- 5) Your "primary care physician" is wearing the pants you gave to Goodwill last month.
- 4) "Patient responsibility for 200% of out-of-network charges" is not a typo.
- 3) The only expense covered 100% is embalming.
- 2) With your last HMO, your Prozac didn't come in different colors with little m's on them.
- 1) When you ask for Viagra, you get a Popsicle stick and duct tape.

## Chicago Hopeless

"When skeptics fret about the hazards of alternative therapies (which are real), it is odd that the dangers of conventional medicine are almost never mentioned. As a single example, consider hospital-acquired infections, a major problem in orthodox medicine. According to physician Jeffrey S. Fisher, author of *The Plague Makers*, each year, almost 2 million Americans come down with an infection in a hospital that they didn't have when they entered. More than 80,000 of them die. This is more than the deaths in either the Korean War or the Vietnam War, more than four times the number killed in auto accidents every year and is the equivalent of a commercial passenger jet crashing every day with more than 200 people on board.

If these deaths occurred in any field other than conventional medicine, this would probably be considered a national disgrace. This is only a fraction of the deaths we physicians cause each year. Don't consider this doctor-bashing; I am one and I have spent my time in the medical trenches and am therefore part of the problem. I simply consider it disingenuous when prayer and alternative therapies are pilloried as if they alone are problematic."

Larry Dossey, M.D.

Utne Reader, Jan/Feb. 1996

(continued from page 1)

about 20 minutes. Carefully get out of the tub (you may be weak or dizzy), wrap yourself up in your cozy bathrobe or blanket and sweat. This will create an artificial fever and will help your white blood cells zap the bad guys.

7) Sleep and sleep some more.

8) After a day of this, you may want to fix yourself some real garlicky thing for dinner, like chicken/garlic in the crock pot. Or you could just eat several cloves of raw garlic. If garlic sounds a bit much, or if you have some stomach involvement, try the BRAT regimen: Baked potato/banana, rice, applesauce, toast.

9) Just say no to drugs. It's usually not a good idea to reduce a fever with drugs. The fever is there for a reason. Fevers are not dangerous in themselves as long as you keep yourself hydrated.

If it's a humdinger of a cold/flu and you don't really have tickets for Fiji or absolutely need to get better in 24 hours, you still need to keep turning up the volume for a few days to scare the germs away. Do all the above and take a few days off from work. If you don't decrease stress, your cold/flu may hang on for weeks. Listen to your body! After a day or two and if you aren't too exhausted, start light exercise. Like a walk. This promotes blood and lymph circulation and will speed up the healing process.

Let's say that little voice in your head is telling you that something is just a tiny bit off in your system - sort of a pre-pre-cold/flu premonition - and you might be coming down with something, start taking Gan Mao Ling immediately, a chinese formula you can get at the Health Food Store. Take 5 caplets immediately, then 5 more an hour later and continue



this until you feel fine. You just might be able to avert the cold/flu with just Gan Mao Ling alone.

However, if the next step occurs and you are seriously starting to feel sick and if you can't get hold of me for some reason and if you have the following on hand, stop the Gan Mao Ling and start taking big doses of Phytogen, Isatis, Echinacea, Goldenseal and Coptis. Two capsules of Phytogen and Isatis every two hours, (that's 4 caps total every two hours.) and four droppersful of the tinctures every two hours as well. Since we aren't really sure whether what you have is a virus or a bacteria or something else entirely, I would also take Undecyn (yeast - fungus - molds), Jug Art (parasites) and Metaplex (chemicals), too. Also, start taking large doses of Vitamin C. Take the supplements in large amounts until you start feeling better, then cut back. (Remember, bacteria and/or viruses aren't the only things that can make you feel like you are coming down with something - chemicals, parasites and yeast-fungus-molds can do it just as well.)

Finally, if you've done all of the above

and you still don't feel you are getting any better or if you are feeling worse, call me and we will discuss what to do next.

What about prevention? For the most part, I would not recommend a flu shot. So, before and in case you get sick, you might want to load up with the aforementioned supplements, just to have them on hand. That way, you can start the program the minute you start feeling sick. I will also give you the number to call for Young Living Essential Oils: 1-800-350-5042. Then give them my member and placement number which is 26670.

If you were to purchase just one oil for the Cold and Flu Season, I would recommend Thieves. But if you can afford more, buy Purification and RC, too.

You might also want to do this for prevention: For the months of the Cold/Flu season - October through March - spend the first week of each of these months downing an entire bottle of Dr. Schulz' Echinacea Plus. This is the strongest, and best Echinacea on the market today and costs \$30 per bottle. Dr. Schulz also has a Clinical Air Treatment (\$24) which you can spray around sick people or rooms. It kills germs and smells good, too. Call Dr. Schulze at 1-800-HERB DOC (437-2362) to place your order. You will get his free subscription Newsletter which is filled with great information and is quite entertaining to boot.

Lastly: Wash your hands a lot. Touching and being touched is the most common way that cold/flu are spread - far more than being sneezed or coughed on - so be really good about this in the upcoming months. You may also want to studiously avoid sick, sneezy, coughy, rheumy-eyed people. Good luck.

## Eat Some Crow

A nurse practitioner friend of mine took umbrage at my jaunty tone in the article entitled "Dr. Bea Recommends" in the July, 2000 Newsletter. In it I stated that "in order to reach anyone with an M.D. hanging off her name, you must run the gauntlet of message center, Greek choruses and nurse practitioners:..." She felt denigrated, dissed and damn mad, so I apologize to all the nurse practitioners out there and especially to Risa. Sorry.

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