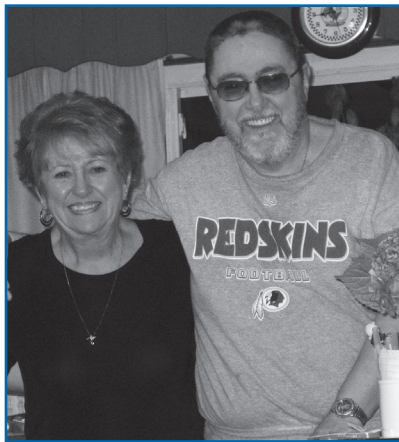




Low-Dose Naltrexone: A Miracle Drug for Immune Challenges

When my brother Howard was 38 years old, he was coaching high school football when he fainted on the field. He was rushed to the hospital, where he received a diagnosis of multiple sclerosis [MS]. This hit him particularly hard because our grandfather had the disease and died at 62, paralyzed in all extremities except his right arm.

Over the next two decades, Howard underwent every MS treatment his neurologists ordered, including steroids, interferon, narcotics for pain, and many other drugs. He had numerous setbacks—hospitalizations, temporary vision loss, and time in a wheelchair—but he was usually able to stay on his feet with the use of a cane.



“If I didn’t know I had MS, I wouldn’t believe it.” – Howard Linkous, pictured here with his sister, Health Achievement Awards winner, Susan L. Estep

Two and a half years ago I read an article in Health & Healing about a medicine that was used by an MS patient with remarkable results. I immediately called my brother and told him about the medication, low-dose naltrexone [LDN]. Because of its safety and modest cost, he was

excited about giving LDN a trial and asked his doctors for a prescription. They refused. It was discouraging, but he and his sweet wife were determined, and they carried your weathered article to one physician after another, hoping someone would take a chance on this off-formulary medication. Finally, after almost a year, Howard’s neurologist agreed to order it for him.

It has been about a year and a half now, and what a difference LDN has made! Howard, now 58 years old, has a new lease on life. He is feeling great, no longer uses a cane, and has just finished his master’s in theology. Howard recently told me, “If I didn’t know I had MS, I wouldn’t believe it.” All I can say is thank you from the bottom of my heart. You have changed my brother’s life by sharing medical information while others are reluctant to do so. — Susan L. Estep, South Carolina

Help for Autoimmune Diseases

Howard’s story inspired me to revisit LDN. Everyone needs to know about this therapy—beginning with the millions of Americans suffering with autoimmune diseases.

These disorders, and there are scores of them, are characterized by a glitch in the immune system that causes it to mistakenly attack the body’s own tissues. Examples include rheumatoid arthritis (which damages the joints), Grave’s disease and Hashimoto’s thyroiditis (thyroid gland), lupus (connective tissue throughout the body), type 1 diabetes (insulin-producing cells in the pancreas), Crohn’s and celiac

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Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD,

has practiced medicine for over 35 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. Dr. Whitaker is compensated on the sales of the supplements he formulates with Healthy Directions, LLC. He is not compensated for other companies' products that he recommends in this newsletter. He is the author of 14 health books including: *The Whitaker Wellness Weight Loss Program*, *Reversing Hypertension*, *The Whitaker Diet*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, and *Dr. Whitaker's Guide to Natural Healing*.

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Dear Reader,

Big Pharma, in my opinion, is more dangerous to society than organized crime. And like organized crime, this "prescription drug cartel" comes down hardest on those who challenge it from within. Case in point: the systematic destruction of a prominent physician, Andrew Wakefield, MD.

A 1981 medical school graduate and specialist in intestinal surgery and inflammatory bowel disease, Dr. Wakefield studied the links between the measles virus and vaccine, inflammation in the gastrointestinal tract, and neurological injury. In 1998, he coauthored an article in *The Lancet* that detailed the case histories of 12 children who had both inflammatory bowel disease and autism, which had come on after being vaccinated.

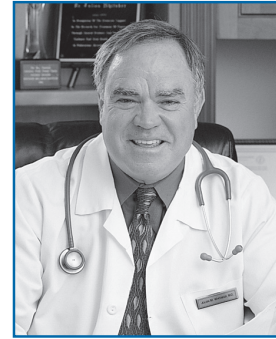
He did not recommend eliminating vaccines or claim they definitely caused autism. He merely suggested the prudence of giving the measles, mumps, and rubella vaccines separately, rather than in one injection. Nevertheless, his scientific questioning of vaccine safety unleashed an unprecedented, relentless, and criminal attack against him.

Over the next few years, his personal and professional integrity was viciously slandered and, in 2010, the *Lancet* study—which had been carefully scrutinized by a peer review board—was retracted. The witch hunt escalated to the point that Dr. Wakefield lost his medical license, was branded a huckster and scam artist, and was run out of his country. I have never witnessed such a virulent reaction against a physician for publishing a truthful, well-researched, and thoughtful scientific article.

Dr. Wakefield has filed a defamation lawsuit over libelous articles that accused him of scientific fraud. I spoke on his behalf at a fundraiser and donated \$30,000 to his legal defense fund and encourage you to support him. To learn more, visit drwakefieldjusticefund.org. If you donate through my Freedom of Health Foundation (thefhf.org or 800-792-4269), I will match donations up to \$10,000.

To your health,

Julian Whitaker MD



Julian Whitaker, MD
 America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

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Low-Dose Naltrexone (continued from page 1)

disease (intestines), and MS (myelin sheaths that surround nerve cells).

Conventional treatments vary by condition and severity but include harsh heavy-hitters such as steroids, narcotics, immune-suppressing medications, and even chemotherapy drugs. No wonder Howard—who was able to discontinue all the medications he was taking for his MS—and tens of thousands of others swear by LDN for reducing pain, improving function, preventing relapses, and slowing progression not only of autoimmune diseases but a broad range of immune system challenges.

Regulates the Immune System

You're probably familiar with endorphins as the "feel-good" compounds boosted by exercise, but one endorphin in particular, opioid growth factor (OGF), is a potent regulator of the immune system. Studies show that patients with immune challenges of all kinds have suboptimal levels of this endorphin.

LDN works by increasing the production and utilization of OGF. When taken at bedtime (OGF activity peaks during the night) in a very low dose (1.5–4.5 mg), LDN temporarily attaches to OGF receptor sites, displacing this endorphin and blunting its activity. In response, OGF synthesis and sensitivity surges—with profound effects on the immune system including suppressing autoimmunity, reducing inflammation, slowing the growth of cancer cells, and staving off infections.

Clinical trials have demonstrated LDN's benefits in MS, Crohn's disease, and fibromyalgia, and animal and lab studies and human case histories published in peer-reviewed medical journals have detailed its positive effects in various types of cancer. Even more impressive, however, are the thousands upon thousands of patient success stories posted on the Internet and elsewhere. (Google LDN to see for yourself.)

Since we began using LDN at the Whitaker Wellness Institute five years ago, we've seen amazing responses—many as remarkable as Howard's—in patients with MS, rheumatoid arthritis, fibromyalgia, chronic fatigue, ulcerative colitis, hepatitis C, Parkinson's disease, allergies, cold sores, and some types of cancer. Because LDN helps regulate the immune system and enhances resistance to disease, we also prescribe it for healthy people. I take it myself, and although I can't say for certain that it's the reason I rarely get sick (I also take a lot of other preventive measures), LDN is a central part of my personal program for healthy aging.

Ask Your Doctor

I wish I could tell you that Howard's year-long struggle to get a prescription for LDN was an unfortunate anomaly, but I have to warn you that you're likely to encounter a similar scenario. Most doctors know naltrexone as a medication for managing alcohol and prescription and illegal drug addiction—and it is, in doses of 50–100 mg a day. But most of them will be unfamiliar with or simply dismiss this low-dose, off-label use.

Why a physician presented with this evidence would hesitate to help a patient desiring to try an

entirely safe, inexpensive therapy is beyond me. But that's just business as usual in conventional medicine.

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My Recommendations

- ▶ Take 1.5–4.5 mg of LDN at bedtime. (Most of our patients take 4.5 mg but MS patients seem to do best on 3 mg.) Narcotic drugs *must* be discontinued before starting LDN; taking them together may cause adverse effects. LDN is otherwise very well tolerated, with the only reported side effect being vivid dreams that resolve over time.
- ▶ LDN can only be obtained from a compounding pharmacy such as Skip's Pharmacy (800-553-7429) and McGuff Compounding Pharmacy (877-444-1133).
- ▶ If your doctor won't prescribe LDN, visit ldnscience.org to find a doctor who does—or make an appointment at the Whitaker Wellness Institute by calling 800-488-1500.
- ▶ Julia Schopick's book *Honest Medicine*, available at honestmedicine.com, and ldnscience.org and lowdosenaltrexone.org are great sources of additional information.

Dear Dr. Whitaker

Q I read an article in a brochure that claimed there is a cure for Alzheimer's disease. The article said researchers from the University of California at Irvine (UCI) found that niacinamide can cure the disease. Is there any truth in the claim? — *Marty, via telephone*

A The short answer is both yes and no. Yes, there is some truth in the claim, but no, I would not call it a "cure" because the research was preliminary and was performed on mice, not humans. That said, the results of the study were profound and should be taken seriously.

Researchers at UCI gave high doses of the B vitamin niacinamide (also called nicotinamide) to mice with Alzheimer's disease. After just four months, the mice were essentially cured. In tests of short- and long-term memory, the Alzheimer's mice treated with niacinamide performed at the same level as normal mice, while untreated Alzheimer's mice continued to deteriorate. What's more, researchers found that niacinamide slightly enhanced cognitive abilities in normal mice, leading researcher Frank LaFerla, PhD, to claim, "This suggests that not only is it good for Alzheimer's disease, but if normal people take it, some aspects of their memory might improve."


The research is still preliminary, but human trials are underway. Luckily, niacinamide is nontoxic, and adults can safely take doses equivalent to those used in the study, which range from about 2,000–3,000 mg per day. I suggest trying that amount in divided doses throughout the day, along

with a good multinutrient since B vitamins work best together. And please note we're talking about niacinamide, not niacin. The two are very different.

Q I heard good things about astaxanthin on Dr. Oz. Do you agree that this supplement is as good as they say it is? — *S.P., Maryland*

A I'm glad that astaxanthin is getting the attention it deserves. It is a good supplement, and I've written about it multiple times over the last several years. Astaxanthin is an ultra-potent antioxidant and anti-inflammatory possessing several remarkable properties. It has been shown to help prevent lipid oxidation, reduce triglyceride levels, and even raise famously hard-to-budge beneficial HDL cholesterol. Furthermore, because it can cross both the blood-brain barrier and the blood-retinal barrier, astaxanthin is uniquely equipped to protect against neurodegenerative diseases and prevent age- and UV-related damage to the eyes.

Astaxanthin is naturally present in wild salmon, rainbow trout, and shellfish, and can also be found in very small amounts in red-colored fruits and vegetables (red peppers, carrots, tomatoes, and radishes). But to reap its potential benefits, supplements are the way to go. For general antioxidant and anti-inflammatory support, take 8 mg per day. To help control blood lipids, take up to 16 mg in divided doses. You can find astaxanthin supplements online and in your health food store, or purchase them by calling 800-810-6655.


 [Read more Q&As online at drwhitaker.com/featured-questions-and-answers](http://drwhitaker.com/featured-questions-and-answers). Send your own questions to drwhitakerquestions@drwhitaker.com.

From My Blog

Vitamin A Supplements Linked With Reduced Risk of Melanoma

As summer approaches, skin cancer public health awareness campaigns are warning us to wear sunscreen, hats, and long sleeves and stay out of the sun as much as possible. A recent study suggests that if you really want to protect yourself, particularly from melanoma, the most serious type of skin cancer, take supplemental vitamin A.

Researchers followed nearly 70,000 people over a five-year period and found that vitamin A (retinol) supplements reduced risk of developing melanoma by 40 percent. Interestingly, neither dietary vitamin A nor beta-carotene lowered risk. So take a good daily multivitamin that includes vitamin A as well as beta-carotene. The FDA requires supplement labels to lump beta-carotene and vitamin A together, so look for retinyl palmitate or acetate, the most common forms of retinol. Do not exceed daily doses of 10,000 IU (3,000 mcg).

 [Get the rest of the story and other health advice—and share your opinion—at blog.drwhitaker.com](http://blog.drwhitaker.com).





Works for Me...

▶ **Joint Stability** *I was pleased to hear your clinic offers prolotherapy. This treatment works beautifully. My knees used to dislocate when I was a kid and, as I got older, they would give out on me. It's amazing how this procedure can tighten the joints again and restore stability. Also, my pelvis used to torque and one leg would be shorter than the other. I'd go to my chiropractor for an adjustment and be fine—until I did it again. After the first prolotherapy treatment on my lower back, I have not had the problem recur, and I've done everything I've always done. — Sue B.*

For more information on prolotherapy, visit whitakerwellness.com or call 800-488-1500.

▶ **Fever Blisters** *Almost every time I'd go out in my boat or be under stress I'd get a nasty fever blister on my cheek ... I learned of a product called Aztec Secret Indian Healing Clay. First I used it as a facial, then read about how it combats poison ivy by drying up the lesions. Because a fever blister is similar, I tried putting it on a couple of times a day.*

Then I decided to keep it on the area 24/7. That did the trick. I kept applying it for two and half months after it disappeared. Today, through sunshine and stress I have had no recurrences. — S.M., Florida


This product is made of bentonite clay, which has long been used topically for acne, insect bites and stings, etc., and can also be taken internally to help relieve bloating and constipation. It's available in most health food stores; use as directed.

▶ **Immune Support** *Having been a classroom teacher for many years, I am always searching for natural supplements that will keep sore throats at bay. Some time ago I discovered your Ear, Nose, and Throat Defense. Although probiotics as part of the formula sounded intriguing to me, I was a bit dubious. Since I had had top-notch results with other Dr. Whitaker products, I decided to give this supplement a go. To my delight, it tasted like candy—and it worked! Rarely would a tingling in my throat develop into something more ominous. — M.B., Oregon*

Have a Health Tip to share? Send it to worksforme@drwhitaker.com. Read more tips at drwhitaker.com/works-for-me.

Healing Tip

Aspirin for cancer prevention? A new *Lancet* study found that people who took low-dose aspirin daily for three years had a 25 percent lower risk of developing any type of cancer. Other recent research shows that cancer patients who take aspirin have a dramatically reduced risk of metastasis.

 Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.

Monthly Health Quiz

Autism

The Centers for Disease Control and Prevention recently updated statistics on the prevalence of autism spectrum disorder in the United States. How many children does this condition now affect?

- A) 1 in 3,000 C) 1 in 220
B) 1 in 425 D) 1 in 88



Answer:

The correct answer is D: 1 in 88—and 1 in 54 boys. This is a 78 percent increase in just five years.

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Notable Quote

“The world is a dangerous place. Not because of the people who are evil, but because of the people who don't do anything about it.”

— Albert Einstein

Don't have a computer? Mail your question or health tip to *Health & Healing*, 7811 Montrose Road, Potomac, MD, 20854.

How to Live Longer and Stay Healthy

The oldest living thing on earth is a bristlecone pine in the Inyo National Forest in California, said to be 4,843 years old. This tree is named Methuselah after the oldest person mentioned in the Bible, who lived to the age of 969. In recent history, the oldest of the old is Jeanne Calment, a Frenchwoman who died in 1997 at age 122, and at the time of the 2010 census, more than 53,000 Americans were centenarians—100 years old or older.

One of them is *Health & Healing* subscriber and Whitaker Wellness patient Anthony Barcelona from Florida, who turned 100 on May 30. How do Anthony and other healthy older people do it? Let's take a look at what you can do to increase your lifespan and, more important, your "health span."

Stay Physically and Socially Active

For starters, you have to stay active. Virtually every study examining lifestyle factors and longevity points to the importance of exercise. Anthony walks a mile and a half to two miles a day, plays bocce and pool, and bowls. That's a lot of activity for a person of any age, but even more moderate levels are beneficial. Just 90 minutes a week, or 15 minutes a day, of moderate-intensity exercise has been shown to increase lifespan by an average of three years.

Anthony also occasionally sings with a karaoke group and enjoys socializing, another characteristic linked with longevity. Studies from the Baltimore Longitudinal Study of Aging, which has been following healthy older people since 1958, found three personality traits that predicted longer life: conscientiousness, emotional stability, and general activity (which includes seeking out social stimulation and engagement with others). You don't have to do karaoke—which I'm sure my family appreciates—but a positive attitude and staying in the flow of life go a long way toward keeping us healthy.

Maintain Optimal Weight and Nutrition

You also need to watch your weight. Our life expectancy ranks 38th in the world, lagging behind other developed countries. According to a report in the *American Journal of Public Health*, "The high prevalence of obesity in the United States contributes substantially to its poor international ranking in longevity."

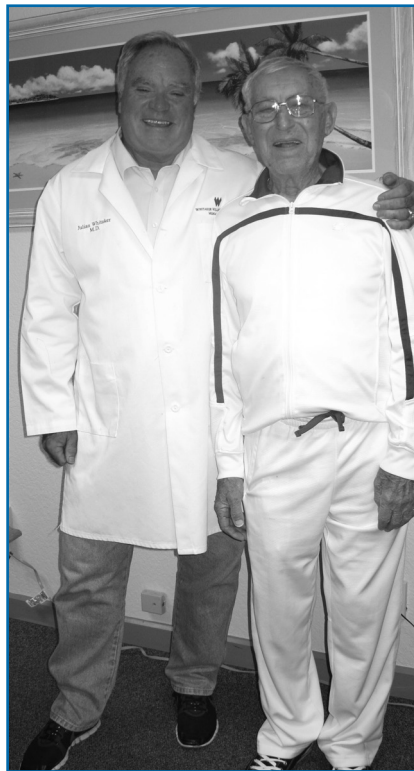
With adult obesity rates approaching 40 percent, no doubt we're overfed, but paradoxically, we're also undernourished. The highly processed American diet is notoriously low in essential nutrients. No, we're not deficient to the point that people are dropping dead from scurvy and beriberi. Rather, as Bruce Ames, PhD, one of America's preeminent scientists, explains, it's more modest but widespread deficiencies that are doing us in. Subtle shortages of key nutrients cause DNA damage, mitochondrial decay with oxidant leakage, and cellular degeneration that accumulate over the years and set us up for cancer, cardiovascular disease, and other age-related disorders.

Dr. Ames' most recent paper—which has 295 scientific references—discusses the long-term adverse effects of chronic deficiencies of selenium, but in previous articles he has explored the roles of vitamin K, vitamin D, magnesium, zinc, and other basic nutrients. His recommendation?

Vitamin and mineral supplements! (See the box at the bottom of page 7 for specific supplement suggestions for older folks.)

Beware of too Much Medical Care

Finally, don't get caught in the "medicalization of health." I am not suggesting that you never see your doctor, ignore warning signs of disease, and avoid all screenings. But you must be aware of the very real perils of medical care, especially as you get older. A



"I have been taking many of your supplements for many years now. I feel good, look good, and people continue to be amazed when they hear my age and see how active I am." – 100-year-old Anthony Barcelona with Dr. Whitaker

lab test abnormality, slightly elevated blood pressure—something is bound to show up. Then, all of a sudden you're given a diagnosis that requires treatment, which in many cases is worse than the "disease" itself.

Warren Buffet's recent announcement that he has early-stage prostate cancer is a perfect example. It's no surprise that the 81-year-old billionaire has prostate cancer—more than 80 percent of men in their 80s do. But his reported plan to be treated with radiation is just bad medicine. First, the scientific literature shows that PSA screening for men of his age does more harm than good. Second, even without treatment he will almost certainly die of something besides prostate cancer. And third, he will likely suffer with incontinence, impotence, or other adverse effects of radiation.

Another example is the rampant use of drugs, especially those clearly identified as inappropriate for the older population. Nearly a quarter of people aged 65 and older and 40 percent of nursing home residents take one or more medications that have sky-high rates of adverse effects such as increasing risk of falls, memory impairment, cardiovascular problems, and even death. Then there's the issue of "polypharmacy." Patients routinely come to see us on five, 10, 15 different drugs. They often don't even know what they're for, only that, "My doctor told me to take it."

Live Long and Prosper

If you want to live long and prosper, take charge of your health care and do not buy into the prevailing belief that more is better in medicine. Never forget that aging is not a disease and infirmity is not inevitable. Adopt a healthy lifestyle, a good nutritional program, and a positive attitude. And think young, like English Renaissance man Sir Francis Bacon, who said, "I will never be an old man. To me, old age is always 15 years older than I am."

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Optimal Nutrition for Your Golden Years

Although the human body's basic vitamin and mineral requirements remain more or less constant throughout life, we could all use some extra support in a few areas as we get older. Here are my core nutrient recommendations for the 65+ crowd:

Vitamin D: In addition to strengthening bones, vitamin D supplements have been shown to improve muscle strength and balance in older people. Other proven benefits include better immune function, blood sugar metabolism, colon health, cognitive performance. *Suggested dose: 2,000–5,000 IU per day, aiming for a blood level of 50–80 ng/mL.*

Fish oil: Most everyone is interested in improving their memory—and if they don't have problems now, they want to stave them off in the future. That's one reason why I'm so keen on omega-3-rich fish oil. DHA, which is abundant in the brain, helps to prevent age-related brain shrinkage and maintain mental function, plus EPA boosts cardiovascular health and reduces risk of heart problems and strokes. Standard fish oil capsules contain 180/120 mg of EPA/DHA. In order to cut down on the number of capsules you have to take,

look for a product that contains higher concentrations of these vital fats. *Suggested dose: 800–1,000 mg of EPA/DHA.*

B-complex vitamins: This family of vitamins plays a plethora of crucial roles, but from my current perspective (I'm 67), none is more significant than energy, brain and nervous system support, and arterial health. Folic acid, B6, and B12 all help control homocysteine, a risk factor for cardiovascular disease, dementia, and other degenerative conditions. Supplementing with B12 is particularly important because our ability to absorb this vitamin from food declines with age. *Suggested doses: B12 150–400 mcg (preferably of the more active methylcobalamin form), B6 75 mg, and folic acid 800 mcg.*

Multivitamin: Your supplement foundation, regardless of age, should be a multivitamin and mineral supplement with therapeutic—not RDA—levels of a broad range of vitamins and minerals. Add to multis' many benefits, according to a 2012 meta-analysis of 10 randomized, placebo-controlled trials, improvements in short-term memory!

Innovations in Wellness Medicine

Vitamin D for Prostate Cancer

Vitamin D has been stealing the headlines lately, and the news just keeps getting better. The latest research suggests that high doses of vitamin D may actually stall the growth of prostate cancer.

Researchers at the University of Toronto randomly assigned high-risk prostate cancer patients to receive 400, 10,000, or 40,000 IU of vitamin D for three to eight weeks. Levels of calcitriol (a form of vitamin D3) in the prostate increased in proportion to each dose. Analysis showed that higher calcitriol levels were associated with higher levels of microRNAs (protein regulators that block the growth of prostate cancer) and lower levels of a protein that indicates cancer growth. “This study shows calcitriol makes the foot come off the gas pedal of cancer growth,” researcher Reinhold Vieth, PhD, reported. “Plain vitamin D provides the raw material to permit the body to take care of its own needs.”

It may be too soon to recommend that all men with prostate cancer supplement with 40,000 IU of vitamin D per day, but men with potentially aggressive prostate cancer should talk to their doctors about a trial of very high-dose vitamin D.

Exercise and Glaucoma

Most people would probably rather read a book than exercise. But new evidence suggests that if you want to keep reading, you'd better keep exercising. Glaucoma is the second leading cause of blindness worldwide, and while everyone over age 60 is at increased risk, a new study shows that regular physical activity can help prevent it.

As we age, fluid can build up within the inner chambers of our eyes, increasing pressure and causing damage to the optic nerve. Researchers found that higher levels of physical activity have a long-term beneficial impact on low ocular perfusion pressure (OPP), a significant risk factor for glaucoma. A UK study of nearly 6,000 men and women aged 48–90 showed that those who had exercised moderately 15 years previously had a 25 percent reduced risk of low OPP. According to study author Paul J. Foster, MD, PhD, “Before now, the only modifiable risk factor for glaucoma was [intraocular pressure], altered by medication, laser or surgery. We believe our study points toward a new way of reducing glaucoma risk, through maintaining an active lifestyle.” So if you enjoy reading (and driving, and traveling, etc.), you'd better get moving!

Did You Know?

- Tooth enamel is the hardest substance in our bodies.
- Fidgeting can burn up to 350 calories a day.
- Fast foods in the US and Canada are saltier than the same items sold in Europe.
- High-dose vitamin D reduces flare-ups in people with multiple sclerosis.
- Women who have one alcoholic drink daily are less likely to have strokes than women who don't drink at all.
- Obesity increases the average person's annual medical costs by \$2,741 and accounts for 21 percent of total US health care expenditures.
- Nearly 70 percent of the task force members developing the new DSM-5, the bible of psychiatry, have financial relationships with drug companies.
- Americans generate an average of 7.1 pounds of trash per day versus Japanese's 2.5 pounds.
- The most rapidly growing cosmetic surgical procedure is chin augmentation.
- Turmeric, rosemary, ginger or garlic can lower certain fats in the blood, even when the meal itself is high in fat.

Health & Healing Resources

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