**JOHANNA’S NEWSLETTER No. 28**

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I have so much info collected that I decided to just make this newsletter of pure excerpts from the newsletters I receive. The comments in italics are mine. As always, take the information, investigate and then make your own informed decisions.

**HEARTBURN, GERD, ETC.** Healthy people with no history of tummy troubles were given these meds, Nexium, Prilosec, Prevacid and Aciphex, for eight weeks. Then, after being taken off them, more than 40 percent developed heartburn, acid regurgitation and/or dyspepsia. The study, published in Gastroenterology, is just the latest in an endless list of bad news about these drugs. They've been linked to an increased risk for osteoporosis and bone fractures, diarrhea, potentially deadly cases of pneumonia and so much more. William Campbell Douglass II, M.D.

Dr. Wright: To save space, I'll just make a list of some of the numerous conditions linked to (and made worse by) low stomach acid: Acne rosacea, physical signs of aging (especially in people 60 and older), allergies, alcoholism, celiac disease, childhood asthma, hepatitis, hives, depression, dermatomyositis, diabetes (Type 1), eczema, gallbladder disease, Graves' disease, lupus, macular degeneration, multiple sclerosis, myasthenia gravis, osteoporosis, pernicious anemia, polymyalgia rheumatica, Raynaud's syndrome, rheumatoid arthritis, scleroderma, Sjogren's syndrome, ulcerative colitis, and vitiligo. And there are probably many more. Of course, poor stomach function isn't the sole or even the major cause of each of these diseases. But taking the appropriate steps to eliminate hypochlorhydria (insufficient stomach acid production) and, in the process, restoring optimal nutrient flow usually makes a significant improvement, no matter what the problem. *TAKE DIGESTIVE ENZYMES AND/OR HYDROCHLORIC ACID SUPPLEMENTS IMMEDIATELY AFTER EATING.*

**5 WAYS TO PREVENT AGE-RELATED BLINDNESS**

1. The first is Ieutin and zeaxanthin, which are naturally occurring nutrients called caroteniods.   
2. Omega 3 fats are good for your eyes just like their good for your brain. They protect against age-related macular degeneration  
 3. Vitamin C is great for every system of the body and your eyes are no exception.   
4. Zinc: An essential mineral helps the functioning enzymes responsible for optimal eye health.   
5. Vitamin E. This all-important vitamin also helps protect against cataracts and macular degeneration.

*YOU CAN GET THESE NUTRIENTS FROM FOOD, BUT IT IS MUCH EASIER TO TAKE A SUPPLEMENT THAT TRY TO EAT THE QUANTITIES NECESSARY EACH DAY.*

**SKIN CANCER** New studies show that non-melanoma skin cancers hit more Americans than all other cancers combined, and five times as many people as breast or prostate cancer. If the sun was REALLY causing skin cancer, and if sunscreen prevented it, we'd be cancer-free by now. We're already spending less time outside than ever, and wasting billions of dollars a year on needless, dangerous creams and lotions. Meanwhile, just a couple of generations ago, we spent far more time out in the sun and ZILCH on sunscreen -- and skin cancer was practically unheard of. One study last year spelled out what I've been saying all along: People with the highest levels of vitamin D have the lowest risk of skin cancer. Sure, you can get some of that from a pill... but historically, most people have gotten their D straight from the source: the sun. Sunscreen not only blocks the sun and stops the body from making vitamin D... but common ingredients in that gooey garbage have actually been linked to cancer, along with birth defects and sex problems. Forget the experts -- their bad advice created this cancer explosion. Get outside more instead... just use a little common sense and head indoors when your skin starts to turn pink, and you'll be just fine. William Campbell Douglass II, M.D.

**CARBONATED BEVERAGES** Drink this junk regularly, and you will get sick. It's only a matter of time. Don't think switching to diet sludge will save you. If there's one thing worse for you than regular cola, it's diet cola. Diet drinkers face all of the same problems as non-diet drinkers -- and then some. As a bonus, they get to enjoy the side effects of aspartame, the toxic sweetener inside most of those beverages. This poison has been linked to seizures, coma, cancer, headaches, blindness, tinnitus, memory loss, and even death. And as a final kick in the pants, diet soda drinkers don't even lose weight. In fact, plenty of studies have shown that they actually get FATTER. Bottom line: If you want to be healthy, cut soda out completely -- unless it's plain old carbonated seltzer water. William Campbell Douglass II, M.D.

Take the latest study -- Chinese men and women living in Singapore were found to be a shocking 87% more likely to develop pancreatic cancer if they drank two or more soft drinks per week. This is consistent with U.S. research linking soft drinks to cancer. Health E-Tips, Christine O’Brien

**MILK** In one 12-year prospective study published in 1997 in the American Journal of Public Health, researchers studied 77,761 women ages 34 to 59 and found no evidence that higher intakes of cow's milk reduced fracture incidence. They actually found the opposite: Women who drank two or more glasses of milk daily actually had a significantly higher risk of bone fracture when compared with women who drank less than one glass of milk per week. Dr. Jonathan Wright *GET MORE VITAMIN D FROM THE SUN.*

**COLON CANCER** This new study examined the association between dietary intake of magnesium and cancer in men and women aged 45–74. Data from 40,830 men and 46,287 women over 5 years were used in this analysis. They found that higher dietary intake of magnesium may decrease the risk of colon cancer, especially in men.

**Asparagus Is High In: http://www.washingtonasparagus.com/images/spacer.gifVitamin Chttp://www.washingtonasparagus.com/images/spacer.gifhttp://www.washingtonasparagus.com/images/spacer.gifRutin http://www.washingtonasparagus.com/images/spacer.gifFiberhttp://www.washingtonasparagus.com/images/spacer.gifhttp://www.washingtonasparagus.com/images/spacer.gifFolic Acid http://www.washingtonasparagus.com/images/spacer.gifVitamin B6http://www.washingtonasparagus.com/images/spacer.gifhttp://www.washingtonasparagus.com/images/spacer.gifGlutathione-A potent anticarcinogen and antioxidant, but eat them cooked to get all these nutrients.**

**OSTEOPOROSIS** Let me tell you what the FDA won't: Long-term use of meds like Actonel, Boniva, Fosamax and Reclast have been linked to femur fractures. One of the studies found bones turning to peanut brittle at four years... and both studies found an increased risk of fracture at five years or more. The studies, presented at the annual conference of American Academy of Orthopedic Surgeons, also found that the fractures tend to happen to otherwise perfectly healthy active women -- not nursing-home patients. But that's not the only bad news about these meds... that's just the latest bad news, because bisphosphonates have been linked to heartburn, abdominal pain, fever, bone and muscle pain, low energy and low levels of calcium in the blood. And if you think that's bad, these meds have also been linked to esophageal cancer and necrosis of the jaw. *TAKE VITAMIN D3 AND A GOOD MAGNESIUM/CALCIUM SUPPLEMENT PLUS DIETARY SILICON.*

**BEEF** Researchers looked at 30 years of data on the two types of beef, and found the grass-fed cows produced meats packed with healthier fats and more nutrients. The researchers from the California State University in Chico found that grass-fed beef had healthier fats of higher quality, higher levels of omega-3 fatty acids, more of vitamins A and E, and higher levels of antioxidants. The study also found grass-fed beef had double the levels of conjugated linoleic acid. CLA -- not to be confused with the ordinary linoleic acid found in junk food-- has been linked to weight loss, a lower risk of diabetes and may even help fight cancer. On the other hand the meat from grain-fed cows is inferior meat. They're also pumped full of hormones and antibiotics before being trucked off to massive, filthy slaughterhouses where germs and disease-causing bacteria are routinely packed with the meat. Dr. Dougglas *OH, YUCK!*

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| **DOCTORS**The number of physicians in the  U.S. is 700,000. |

Accidental deaths caused by Physicians per year are 120,000.

Accidental deaths per physician is 0.171. Statistics courtesy of  U.S.  Dept of Health  and  Human Services. *STAY ALIVE BY TAKING RESPONSIBILITY FOR YOUR OWN HEALTH.*

**COLD SORES** Dr. Wright: Zinc can be very effective for eliminating cold/canker sores. It stimulates the immune system by promoting the ability of white blood cells to fight germs, like the herpes virus, which is one of the primary causes of recurrent cold sore outbreaks. Iron, folic acid, and vitamin B12 also help reduce recurrences. You should talk to your personal physician to determine the best amounts for you: 30 to 60 milligrams of iron daily; 3 to 5 milligrams of folic acid daily taken along with 2,000 micrograms of vitamin B12; and 30 milligrams of zinc picolinate daily. For long-term prevention of canker sores, I advise taking 2,000 to 3,000 milligrams of lysine daily in between meals, along with smaller amounts of the nutrients mentioned above. Lysine is an amino acid that discourages the growth of the herpes virus. But it's also important to note that anytime you take lysine, you should also take an equivalent amount of vitamin C.

**GLUTATHIONE**

It's a powerful antioxidant in its own right and beyond that this unique compound is able to magnify the effectiveness of other essential antioxidant nutrients, such as vitamins C and E. But that's not all: This potent antioxidant also has the unique ability to regenerate your body's stores of active glutathione, the most important antioxidant in your body. Glutathione is a powerful detoxifying antioxidant that also has a double-dose of critical protection against health-harming toxins and heavy metals. You can't get much, if any glutathione in your diet and it can't be absorbed through your stomach; the acid   
destroys it. So Take the antioxidant nutrient alpha-lipoic acid (ALA). It actually increases Glutathione levels. Dr. Dharma  
   
**ESSENTIAL NUTRIENTS**

In this latest study, conducted at McMaster University in Canada, they extended the lifespan of mice by an impressive 10%. Thirty carefully chosen vitamins, minerals, and herbs, based on recommended human dosages adjusted for body size went into the cocktail. The cocktail contained vitamins B1, B3 (niacin), B6, B12, C, D, E, folic acid, beta-carotene, CoQ10, rutin, bioflavonoids, ginko biloba, ginseng, green tea extract, ginger root extract, garlic, L-Glutathione, magnesium, selenium, potassium, manganese, chromium picolinate, acetyl L-carnitine, melatonin, alpha-lipoic acid, N-acetyl cysteine, acetylsalicylic acid, cod liver oil, and flax seed oil. Health E-Tips, Christine O’Brien

**ACETAMINOPHEN**

A recent study, published in medical journal Thorax, found that children whose mothers took acetaminophen during pregnancy were more likely to have asthma symptoms at age five. This is the first to show a direct link between asthma and the body's ability to detoxify foreign substances. In the study, 34% of mothers reported having used acetaminophen during pregnancy, and 27% of children exhibited wheezing, which is related to asthma. They were also more likely to visit the emergency room for respiratory problems and to develop allergy symptoms. And the risks increased with increasing days of prenatal acetaminophen use. Health E-Tips, Christine O’Brien

**GREEN TEA**

if you're a smoker, you're going to want to pay special attention to this tidbit. Researchers in Taiwan found that smokers who did not drink green tea may have a 13-fold increased risk of lung cancer over smokers who drank green tea. The benefit was seen in smokers who drank at least one cup per day--that's it. The researchers said a daily cup of green tea may help non- smokers as well--overall, among smokers and non-smokers, non-green tea drinkers had a 5.2-fold increased risk of lung cancer over those who enjoyed a daily cup.

**GERM FIGHTER SPRAY**  
We've all been told to wash our hands more frequently. Here is an antiseptic, germ fighting spray to use on cuts and scrapes. May also be used as a room spray. *AND THIS WON’T KILL THE NATURAL GERM FIGHTING ABILITY OF YOUR SKIN.*

* 12 drops [Tea Tree](http://et.ratepoint.com/e016b50a141fbda91dc8ad5b547c86bb/257edb87b56eb668e28bc6247123b477)
* 6 drops [Eucalyptus Unrectified](http://et.ratepoint.com/efbfd5bc9395b3b37e5e9418417fa00c/257edb87b56eb668e28bc6247123b477)
* 6 drops [Lemon](http://et.ratepoint.com/0fac98e657f8e073ce0e7037e781ece0/257edb87b56eb668e28bc6247123b477)
* 2 oz. distilled water
* Combine ingredients and add to spray bottle. Shake gently before use

**TOE NAIL FUNGUS**

While there are some over-the-counter drugs as well as prescriptions that can clear up the problem, these remedies can adversely affect liver function. Instead, try rubbing in oregano oil, geranium oil, or tea tree oil, all over and around the toenail *(or potassium iodide (SSKI).* Then immediately rub in DMSO, which will "carry" the oil right through the nail and start inhibiting the fungus. It does take a while to clear up toenail fungus with this method -- sometimes eight or nine months or more. It'll even take three to four months before you start seeing any results. But most of the drugs take that long too, and this is a much safer alternative. Oregano oil is too strong for some people, especially blonds and redheads. If you start getting persistently red and irritated, quit until the reaction goes away and then switch to one of the other oils.

**HRT AND INCONTINENCE**

A huge trial (involving over 23,000 women) reviewed by the Cochrane Incontinence Review Group at the University of Aberdeen in Scotland found healthy post-menopausal women taking conjugated equine estrogen (CEE) were more likely to develop incontinence than women taking a placebo. The incidence of developing stress incontinence more than doubled for women taking estrogen alone. You're probably more familiar with CEE under the name Premarin. As in pregnant mare urine (look at the name Premarin again).  
It's a shame that so many women end up going with the mainstream's HRT offerings because they think it's the only choice*. SEARCH "HRT" OR "BIOIDENTICAL HORMONE REPLACEMENT" ONLINE FOR MORE REASONS TO AVOID CONVENTIONAL HRT AND TO FIND A DOCTOR IN YOUR AREA.*

**WARTS**

Dr. Wright: Several years ago, Dr. Dean Focht, a medical resident at Madigan Army Hospital in Tacoma, Washington, had 51 individuals, ages 3 to 22, use either standard liquid nitrogen freezing therapy or "duct tape therapy" for wart removal. Of the 25 individuals using duct tape, 85 percent had their warts disappear, usually within a month. In the 26-member liquid nitrogen group, only 60 percent of the warts went away. Just cut the duct tape to the size of the wart and stick it on for six days. Then remove the tape, soak the wart in water, and buff it with pumice or an emery board. Twelve hours later, apply new tape. Repeat this cycle until the wart disappears. If you find that the duct tape keeps falling off, or if you just want to disguise it, the easiest solution is to put a band-aid over the tape.

**IMMFLAMATORY BOWEL DISEASE**

**Targeted medical foods.** Certain medical foods (defined by the Food and Drug Administration as “prescribed by a physician when a patient has special nutrient needs in order to manage a disease or health condition”) contain key ingredients that can support the health of your digestive tract and immune system. These key ingredients can include:

* **Reduced-iso-alpha acids** (RIAA), a hops derivative with anti-inflammatory properties
* Low-allergy potential, readily-digestible **protein and amino acids**
* **L-glutamine,** an essential amino acid that supports the immune system and helps maintain a healthy gastrointestinal mucosa
* **Turmeric (curcumin) and ginger,** two spices that have long been recognized for their anti-inflammatory effects

**Dietary changes.** Because IBD affects your ability to absorb nutrients, it’s important to eat foods that are both nutrient-rich and non-irritating. This means making sure you’re eating plenty of fruits and vegetables and avoiding processed foods, foods that are high in simple carbohydrates and fats, or high fiber foods that can irritate the intestinal lining. Dr. Christina Tondora

AND NOW!!! Q: How many yogis does it take to change a light bulb? A: Into what? HA,HA,HA!

PS. Newsletters and Index are stored at: <http://groups.google.com/group/johannasnewsletter> . If there’s a subject you would like discussed or you have questions about something I’ve said, email me at jw\_alley@msn.com.

My disclaimer: I try to only recommend products or remedies that I have tried myself or someone I know has tried. I also recommend remedies from the newsletters I trust even though I may not have tried them as I wouldn’t be trying something to treat a dis-ease I don’t have. But ultimately you are in charge of making decisions for your body. I am sharing my experiences and suggesting ways that you can be healthier, not prescribing anything for anybody. I strongly suggest that you investigate these remedies yourself before taking anything and/or talk with your health care practioner.

If you wish to opt out of receiving this newsletter—I’ll only pout a day or two ;-) —just reply with REMOVE in the subject line. Seriously, I understand that maybe you just don’t have the time or the interest in this stuff! Silly you!