



## Key Points

- What you need to know about genetically modified food
- Weed killer poses many dangers — find out what they are and how to avoid them
- New research shows the benefits of tea for your eyes — drink up!
- Think you're too young for a stroke? Think again
- Stem cells are looking good for your eyes
- Mercury is in the air — how to counteract its deadly effects
- Dramatic increase in CT scan cancer

### ASK DR. BLAYLOCK

- Sauna is safe for detox; new ads for high-fructose corn syrup; help for ruptured disks

## Genetically Modified Food: Is the Food Industry Serving Up Poison?

Science is always on the move — unveiling new insights and technologies that hold promise to solving today's medical mysteries. And doctors should also be on the move — following these updates on nutrition, healthcare, and common diseases. These updates are available from the flood of medical news we are so fortunate to have in the 21st century.

Every month, scientific and medical journals publish thousands of articles describing the results of thousands of studies conducted all over the world. We are lucky to be living in the information age — spawned by the advent of the Internet.

From my own point of view on this wealth of information, I am now in the process of co-authoring a scientific book on the subject of autism, and I have to marvel at the amount of scientific and clinical literature that has been written on this subject. And autism is just a single disorder.

This is a testament to the enormous amount of data, analysis, clinical studies, general knowledge, and observations that are flowing out of our medical centers and research facilities. It is truly mind-boggling.

It has been said that we have enough information from worldwide studies to cure cancer, but no one has sifted through all of the information and put it into a clinically usable form.

When I meet (or receive e-mails from) people I have helped with so-called “incurable” diseases, I am not only pleased, but it reaffirms my contention that the answers to many of these diseases are already out there.

The problem is that there are just so few people who know what the information means.

### What the Experts Miss

For example, in reviewing the massive amount of research concerning atherosclerosis, (the clogging of arteries) over the past 60 years, it immediately became obvious to me that traditional science had missed the boat — cholesterol was not the cause. It was obvious



that the main culprit was the massive production of free radicals and lipid peroxidation products caused by chronic, unrelieved inflammation, but it was obvious only to those of us who examined the original studies and carefully analyzed the available data.

**Laymen often view scientists as sages or those whose intelligence is so far above ordinary people that they are almost beyond being human. We ordinary mortals hold them in awe, and few are willing to question their pronouncements.**

This is especially true of paramedical professionals, such as nurses, nurse practitioners, and physician assistants, but also includes medical students, interns, and residents. The media also treats them this way and propagates the myth.

Now, this is not to say that we do not have some really brilliant clinical physicians. Indeed, there are many. The problem is that because they are so busy treating patients and dealing with a massive government bureaucracy, they have little time to plow through copious numbers of articles and data. Like most of us, they want someone to just tell them what they need to know.

Unfortunately, in far too many instances, that person is a pharmaceutical representative or medical center physician who — one way or the other — is on a pharmaceutical company's payroll. If you examine numerous articles in the major journals that are written by some of the biggest names in selected fields of medicine, you will find that many of them have financial connections to pharmaceutical companies.

Most doctors have time to read only a few articles in a handful of journals. They usually read journals that cover their specialty, or *The New England Journal of Medicine* and the *Journal of the American Medical Association (JAMA)*.

**They don't seem to realize that, as a result, they are therefore unaware of 99.9 percent of the information available in the scientific literature — most in very prestigious journals.**

This bears repeating because of its critical nature. Until I took the time to dive into this ignored medical information, I was just like my colleagues — I was working on an information base that was tiny in comparison to what has been discovered.

When I began to study the intricacies of disease and all the new information we have learned about

how the body works, especially cells, I was amazed.

When I speak to someone about some "incurable" disease, I always say, "Yes, it is incurable within the world of traditional medicine, but alternative medicine has either a cure or can dramatically improve the condition." What most so-called traditional doctors do not know is that alternative medicine is usually based on hard science from some of the best minds and laboratories in the world.

**All of the information I use in writing this newsletter, as well as in writing my books, is solely based on hard science I obtain by extensively reading medical and scientific journals.**

Every year I teach a four-hour course at the Fellowship for Anti-Aging and Regenerative Medicine. I also give lectures at the conference. A growing number of my students are medical doctors, not only from the United States, but from all over the world.

They are amazed that they never even knew this information existed. In many cases, it really opens their eyes.

**Many have told me that for the first time, they truly understand the diseases their patients are suffering from and how to better treat them.**

What follows are some updates on subjects I have written about in the past and discussion on some new understandings of some old diseases.

## Dangers of Genetically Modified Foods Begin to Surface

---

Unknown to most Americans, a great deal of our food contains genetically modified organisms (GMO foods), and even includes farm animals that make up our meat source.

It is estimated that in the United States, 70 percent of the processed foods in the supermarket contain GMO ingredients. Close to 90 percent of all corn and soy products sold in the United States are GMO.

Many European countries have recognized the danger and have rejected these crops, as have most African countries.

Unfortunately, pressure from international agencies, such as the United Nations, the Council on Foreign Relations (CFR), the Trilateral

Commission, and the International Monetary Fund are using their power and influence to force these countries to accept GMO foods.

So, what exactly are GMO foods?

The problem started when scientists began to look for ways to increase the protein yield of plant crops, such as corn and soy, and for ways to take advantage of how plants naturally protect themselves from insects and microbial diseases — that is, by producing their own pesticides and fungicides.

All plants make these protective chemicals when attacked, and it is known that they can harm human health and even promote the development of cancer in higher concentrations. Production of these chemicals and proteins by plants is controlled by an array of genes.

By manipulating these genes, scientists can cause the plant to produce these chemicals in much higher concentrations and for longer periods.

When the industrial giants, including Monsanto, Bayer, and Syngenta incorporated this technology into their businesses, it began to be challenged by scientists familiar with plant genetics and toxicity. Yet, by influencing Congress and influencing the regulatory agencies, food processing giants were able to have GMO foods quickly approved.

A new report released by the Committee for Independent Research and Information on Genetic Engineering, a nonprofit, independent organization that studies the health effects of GMO foods, throws considerable light on the shenanigans of the food industry. This report provides a detailed critique of the food industry's safety studies that appeared in the *International Journal of Biological Sciences* (2009; 5: 706-726).

In this critique, they show that data, when analyzed, demonstrated potential kidney and liver problems, as well as damage to the heart, adrenal glands, and spleen, resulting from eating all three varieties of genetically modified corn.

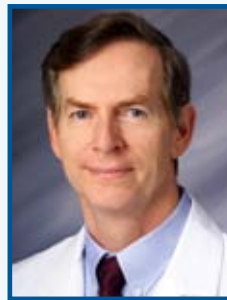
In tests that favor these companies, the government regulatory agencies require only a very short-term analysis. The negative effects of eating GMO foods can take years (even several generations) to fully detect harmful effects in humans. Interestingly, no post-marketing studies (testing large numbers of people consuming these foods once they are released in stores) have been

done. To prevent problems that would occur from discovering the toxicity of their products, companies design tests to their advantage:

- They use older animals (so they will die before problems arise).
- They omit testing on embryos (important to know for pregnant women).
- They test only a few animals, and choose obsolete testing methods that aren't sensitive enough to detect damage.
- Just as happened with aspartame testing, they ignore the deaths of test animals.

Unfortunately, the regulatory agencies accept

## About Dr. Blaylock



Dr. Russell Blaylock edits Newsmax.com's **Blaylock Wellness Report**. He is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer.

He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University

of South Carolina in Charleston, S.C.

For the past 26 years, he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," and his most recent work, "Natural Strategies for The Cancer Patient." An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition-related subjects.

Also, Dr. Blaylock has been appointed to serve on the Scientific Advisory Board of the Life Extension Foundation. He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation.

Dr. Blaylock serves on the editorial staff of the *Journal of the American Nutraceutical Association* and on the editorial staff of the *Journal of American Physicians and Surgeons*, official publication of the Association of American Physicians and Surgeons.

He previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is currently a visiting professor of biology at the Belhaven College, also in Jackson.

such studies. Here are just a few findings that independent research has uncovered about some of these GMO foods:

- Rats fed GMO soy died within three weeks, and mice developed pancreatic and liver problems.
- Cows died mysteriously when fed GMO corn, and many became sterile.
- When mice were fed GMO potatoes, they developed intestinal damage and bleeding stomachs, and sheep died after grazing in GMO cotton fields.

For a more in-depth examination of the science behind these health effects, I suggest two books written by a friend of mine, Jeffrey M. Smith: “Seeds of Deception” and his more recent book, “Genetic Roulette.”

**A new study by Russian biologist Alexey V. Surov looked at the effects of GMO soy, and found that feeding hamsters this soy for two years (over two generations), caused a higher mortality in the pups. Of even greater concern, he discovered that by the third generation, the hamsters fed GMO soy became sterile. They also grew more slowly.**

He chose hamsters because they have a fast reproduction rate, with each hamster producing seven to eight litters. The test also used control animals that ate a normal diet with no soy.

This isn't the first study to show problems with GMO soy. A previous study in Russia by Dr. Irina Ermakova, using rats fed GMO soy during pregnancy, found that half of the rats' babies died within three weeks. This was five times the natural death rate in rat offspring.

**In addition, she found that the males developed damage to their testes. Studies from scientists in Italy also found reduced sperm production and sperm damage in male mice fed GMO soy.**

These effects are not limited to GMO soy. A study ordered by the Austrian government found that GMO corn significantly reduced the number of babies born to mice, and the babies were smaller than normal. Reports from farmers all over the world are finding that animals — cattle, pigs, and sheep — fed GMO corn become sterile. When they are switched to natural corn, they once again become fertile.

Indian veterinarians are also finding sterility problems among animals that are allowed to feed from GMO cottonseed. They have reported

infertility, spontaneous abortions, frequent premature deliveries, and even uterine prolapse in these animals.

Based on the universal ability of these GMO foods to induce sterility, some have wondered if this is an effort to use foods to reduce the world's population.

**After reading many studies on population control efforts by the United Nations, foundations, and non-governmental organizations, I began to wonder myself. But in the end, it might be all about profits.**

It is important to remember that when it comes to soy, even natural soy is harmful, because it contains high levels of manganese, fluoride, and the excitotoxin glutamate. All three of these chemicals are known to increase brain inflammation and excitotoxicity, and to promote progressive brain injury (neurodegeneration).

## Pesticide Dangers

Strongly connected to this debate is the GMO creation of weed-killer-resistant crops.

**In an effort to allow farmers greater use of weed killers at higher concentrations, one company genetically engineered certain crops to be highly resistant to its weed killer. As the theory goes, this would allow farmers to be able to control weeds more easily by allowing them to use greater amounts of weed killers. It's a win-win: The company can sell the special seed each season, and it can sell a lot more weed killer.**

Recent studies have found much higher concentrations of weed killers in these crops. This is important because weed killers are associated with a number of very deadly diseases, the main one being cancer. Weed killers, unlike many pesticides, extend to millions of homes, golf

### Exclusive to Current Subscribers

Current subscribers have instant access to any and every past edition of **The Blaylock Wellness Report**.  
Simply go here: scan  
[drblaylock.newsmax.com](http://drblaylock.newsmax.com)

**The password for every issue is provided in the introductory e-mail.**

courses, and public facilities. Many homeowners fail to use recommended precautions during application. A growing number of carefully conducted studies are showing that weed killers in humans may produce significant damage to DNA, mitochondria, and especially immune cells. Worst of all, they may do so in doses far below that found in agricultural use.

Many earlier studies were either paid for by the manufacturer or they tested only one ingredient — glyphosate. Recent studies have shown that other chemicals used in weed killers may add to their toxicity. Also, one of the breakdown products of glyphosate called AMPA, produces considerable DNA damage in cell tests. Studies have also shown that it is a significant endocrine disrupter, meaning that it may interfere with estrogen and testosterone function.

A study from a French laboratory in 2009 reported in the journal *Toxicology* found that weed killers produced gene damage and were anti-estrogenic and anti-androgenic at doses below those used in agriculture. They concluded that weed killers should be considered carcinogens/mutagens and are reprotoxic (harmful to reproduction). Further, they accumulate in food, animal feed, and the environment.

**Other pesticides are also linked to a high incidence of cancer, especially lymphomas. Lymphomas are the most rapidly increasing cancers, especially among 30-year-olds.**

Over the past 40 years, there has been a frightening increase in this group of cancers. Just from the late 1970s until 1992 there was a 50 percent increase in this terrible malignancy, with the greatest incidence occurring in the farm belt of the Midwest.

The strongest link to specific pesticides include phenoxyacetic acids (especially 2,4-D), organochlorines (chlordane, DDT, lindane and toxaphene), and organophosphates such as diazinon, dichlorvos, and malathion. These are all

commonly used pesticides, not only in agriculture, but also in and around homes. Of these, we should be especially concerned about a pesticide called 2,4-D, which is commonly used in pasture lands, lawns, and golf courses. It is strongly linked to non-Hodgkin's lymphoma. In 1992 alone, the EPA estimated that 40 million to 65 million pounds were used in the United States.

As far back as 1981, a study from Sweden found that there was a sixfold increase in malignant lymphoma in those exposed to herbicides.

**Another study found a sevenfold increase in lymphoma in those who reported being exposed to the herbicide 2, 4-D for 21 or more days a year.**

Newer studies show that exposure to these pesticides, as well as to weed killers, causes specific chromosomal injuries that are most associated with lymphoma — providing a very strong link to pesticide exposure

and malignancy. Another highly fatal cancer, multiple myeloma, may be linked to weed killers.

**Avoiding pesticides around the house will go a long way to preventing these deadly cancers.**

Greater protection can be gained from eating a good diet, thoroughly washing all fruits and vegetables before eating them, and taking supplements that are known to increase your antioxidant defenses and hinder the development of cancer. Recently, vitamin K was shown to powerfully inhibit the development of lymphoma.

Many pesticides produce toxicity by generating massive amounts of free radicals. The following nutrients help protect from these free radicals:

- Vitamin K: a mix of Vitamin K1, K2 (MK-4), and K2 (MK-7)
- Curcumin
- Quercetin
- Indole-3 carbonol
- Alpha-lipoic acid
- Taurine
- Vitamin D3

## What's in Your Food?

Many mega-producers of food are using genetically modified organisms (GMO) to increase production and profits.

Requirements for testing the safety of GMO foods are all but nonexistent. One company was allowed to submit studies that were not only small, brief, and manipulated to show safety but also blocked from independent analysis under the shield of "secret proprietary information."

**Beware foods that are genetically modified. You can avoid them altogether by not eating processed food.**

# Is Your Fish Oil Supplement Slowly Killing You?



The Shocking Secret the Government Doesn't Want You to Know About

**E**ach year, 19 trillion gallons of toxic waste is dumped into our world's waterways. This is a huge problem, since 90% of Americans consume fish or fish oil supplements on a regular basis. Making matters worse, the government has recently admitted that it only inspects a mere 2% of the 5.2 billion pounds of seafood that enters the U.S. food supply each year. So even though you may be benefiting from those healthy omega-3s, you may be unknowingly poisoning your body with toxins and contaminants.

Despite this news, the amazing benefits of omega-3s cannot be ignored, and it would be extremely detrimental to your health to stop consuming fish or fish oil supplements.



*"Pollution is making its way into the fish we eat, and thus into our body. This is a huge problem, which is why I highly recommend purified fish oil supplements as a safe alternative."*

-Dr. Andreas Papas,  
World Renowned Heart Health Expert

## Omega-3s Can Save Your Life

Cardiovascular disease is the #1 killer in the U.S., but what many are not aware of is that it kills more people a year than Alzheimer's, strokes, diabetes, influenza, respiratory diseases and accidental deaths combined. But, the latest research shows that the omega-3s found in fish oil can help provide protection. They have been associated with a 32% reduction in the risk of death from cardiovascular disease. Unfortunately, far too many Americans are deficient in omega-3s, and according to the Harvard School of Public Health, this deficiency causes nearly 100,000 preventable deaths each year in the U.S. alone.

### Common Signs of Omega-3 Deficiency

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> High blood pressure    | <input checked="" type="checkbox"/> High cholesterol         |
| <input checked="" type="checkbox"/> Aching or stiff joints | <input checked="" type="checkbox"/> Depression               |
| <input checked="" type="checkbox"/> Poor circulation       | <input checked="" type="checkbox"/> Dry eyes, skin and nails |

For maximum protection, experts in the field recommend consuming at least 1,000 mg of fish oil every day, which is difficult even for the most avid seafood fans. That's why millions of Americans have turned to fish oil supplements. But are they safe?

## Safely Getting What You Need?

A process called *molecular distillation* is currently the only

known method to eliminate 100% of toxins and contaminants in fish oil without disrupting the precious omega-3 compounds. Because this is an expensive process, most fish oil supplements do not undergo this critical step, and hit the store shelves with absolutely no purification. So be sure the fish oil supplement you take is molecularly distilled and certified free of contaminants.

## Saving the Lives of Thousands

A ground-breaking new product called Omega-T<sup>®</sup>, developed by world renowned heart health expert Dr. Andreas Papas, has been receiving accolades from scientists, doctors and experts in the field. This proprietary blend contains the 5 most effective ingredients for maximum health benefits including OceanPur<sup>™</sup> Omega-3s, CoQ10, Vitamin D3, Vitamin E and Lipase. Omega-T not only contains molecularly distilled omega-3s, but also goes through independent lab testing to certify that it is 100% free of all contaminants.

Beyond the proven purity and effectiveness of this formula, Omega-T is also extremely affordable. If you were to purchase each ingredient separately, you would pay well over \$160 per month, but Omega-T is priced as low as \$16.50 per month!

## Try Omega-T RISK FREE For 6 Months!

### Three Easy Ways to Order:

- Toll-Free:** 800-627-9721\*
- Online:** [www.StopAgingNow.com/fish25](http://www.StopAgingNow.com/fish25)
- By Mail:** Complete the below order form and mail to Stop Aging Now, Attn: Orders Dept, 2600 Titan Row, Orlando, FL 32809



\*Be sure to reference code OMTSP25 if you call to place your order.

**BEST DEAL** 6 bottles - \$99.00 (\$16.50 per bottle)

- INCLUDES THE FOLLOWING SPECIAL GIFTS (a \$176.95 value):**
- FREE Consultation with a Certified Nutrition Expert (a \$99 value)
  - FREE Bottle of Green Tea Extract (a \$19.95 value)
  - FREE 1-Year Subscription to The Stop Aging Now Newsletter (a \$48 value)
  - FREE Priority Shipping

**GREAT SAVINGS** 3 bottles - \$59.85 (\$19.95 per bottle)

- INCLUDES THE FOLLOWING SPECIAL GIFTS:**
- FREE Consultation with a Certified Nutrition Expert (a \$99 value)
  - FREE 6-Month Subscription to The Stop Aging Now Newsletter (a \$24 value)
  - FREE Priority Shipping

**GOOD SAVINGS** 1 bottle - \$24.95

- INCLUDES THE FOLLOWING SPECIAL GIFTS:**
- FREE Consultation with a Certified Nutrition Expert (a \$99 value)
  - FREE Priority Shipping

### SPEEDY RESPONSE BONUS

ACT NOW to also receive a FREE copy of our exclusive guide, *Defeat Aging with Nutrition and Exercise*



**STOP-AGING-NOW<sup>®</sup>**  
AMERICA'S BEST ANTI-AGING VITAMINS & SUPPLEMENTS

NOTE: Free shipping applies to ground shipments within the U.S. and Canada, as well as all U.S. APOs, territories and protectorates. Shipping fees will apply to all other destinations and for express delivery.

A recent study looked at blood samples of 374 people with lymphoma and found that more than 50 percent had significant vitamin D3 deficiency (below 25 ng/L).

When they were examined three years later, researchers found that people with low levels of vitamin D3 were 50 percent more likely to have progression of their cancer and twice as likely to die than those with higher vitamin D3 levels.

A level of 25 ng/L is seen with bone destruction (rickets), and optimal levels should be much higher, 70 ng/L to 100 ng/L.

A recent study by Life Extension Foundation found that to reach this level, most people required 5,000 to 10,000 IU of vitamin D3 a day.

A new form of vitamin D3 that is water-soluble comes in a 50,000 IU dose, as well as lower doses, and is made by a pharmaceutical-grade manufacturer Bio-Tech Pharmacal. (Go to [www.bio-tech-pharm.com](http://www.bio-tech-pharm.com) for more information.)

The advantage of this form of vitamin D3 is that it is water soluble, meaning it can be taken on an empty stomach. The 50,000 IU form can be taken either once or twice a week. Levels of vitamin D3 in the blood should be monitored.

## Protect Your Eyes

A number of chronic diseases affect the eyes. Virtually all are associated with an accumulation of free radicals within the structures of the eye, especially the retina, which contains all the nerve cells for vision. Many such diseases also are

associated with chronic, low-grade inflammation, as seen with aging, glaucoma, and macular degeneration.

A new study out of Hong Kong found that the beneficial chemical components in green tea extract were distributed throughout the eyes of rats fed the extract. Interestingly, the various components of green tea were distributed in different eye structures. For example, gallic acid concentrated in the retina, and higher amounts of epigallocatechin were found in the aqueous humor (front chamber).

Importantly, they also measured the level of lipid peroxidation in the eye (a measure of free radical damage) and found that green tea significantly reduced this damaging process.

This is great news for all of us, since it shows that if we take green or white tea extract and drink white tea several times a day, especially if we start early in life, we can potentially avoid many of the eye diseases associated with aging.

Other plant extracts can all add significantly to this protection:

- Curcumin
- Quercetin
- Ellagic acid
- Luteolin
- Alpha-lipoic acid
- Natural vitamin E
- Magnesium
- Vitamin C

This is important to keep in mind: The retina

### Finding Health Information You Can Trust

Pharmaceutical companies know that both the media and practicing doctors listen most to the experts in major medical centers. So they fund expensive research for these doctors, and they soon become dependent on that income. A negative study, one that condemns a pharmaceutical company's product, would result in a halt in funding. When reading about products and treatments, find out who funds the studies they have performed. You might be surprised.

A note from Dr. Blaylock: Advertisements for various supplements may appear in the newsletter or attached to the newsletter. I have nothing to do with these advertisements and do not endorse them. The only supplements I endorse are those that I list in the newsletter. This is not to say that I object to the supplements; it's just that I am not familiar with the supplements being advertised.

Please note that this advice is generic and not specific to any individual. You should consult with your doctor before undertaking any medical or nutritional course of action.

contains many glutamate receptors. This means that excitotoxins in your food can dramatically increase the severity of any of these diseases and accelerate aging of the eyes.

**You should avoid almost all processed foods, especially those that list MSG as an ingredient. Remember that MSG comes in many disguises and is often hidden in ingredients such caseinate, natural flavoring, hydrolyzed protein, vegetable protein extract or concentrate, soy protein or soy protein isolate, autolyzed yeast, carrageenan, broth, and stock.**

It is also important to avoid dietary fats (N-6 oils) that are known to promote inflammation and lipid peroxidation:

- Corn
- Safflower
- Sunflower
- Peanut
- Canola
- Soybean

Each meal should contain at least three nutrient-dense vegetables.

## Too Young for a Stroke? Not Anymore

Most of us who have treated neurological disorders accepted that strokes in people younger than 50 years of age were quite rare. That is no longer true.

As one stroke expert stated, “In the last two or three weeks, I’ve seen four or five patients in their 30s and 40s with a stroke.” A new study confirms these suspicions.

Stroke experts looked at data involving 1.3 million people and found some surprising results. The incidence of strokes in people over age 68 had actually fallen, but in people younger than 45, the percentage of strokes went up from 4.5 percent in 1993-1994, to 5.5 percent in 1999, to 7.3 percent, in 2005.

The rise in strokes increased significantly only in whites, doubling from 12 to 25 per 100,000 people. Over the past 85 years, however, the incidence of strokes has decreased significantly for both blacks and whites. Even though we have seen a significant rise in the incidence of strokes, overall

the numbers are pretty low — 0.025 percent. The authors of the study, as usual, attributed the rise to eating too much sugar/carbohydrates, lack of exercise, and diabetes in the young.

While all of these are significant contributors, they are ignoring a critical piece of research, which has been confirmed repeatedly.

In 1969, neuroscientists Dr. John Olney found that feeding young rats MSG caused them to be grossly obese. Since this original observation, so many studies have reaffirmed this that MSG feeding is used as a model to study human obesity.

**Newer studies have also shown that early exposure to MSG results in another common disorder seen increasingly in our young — the metabolic syndrome, which includes diabetes (insulin resistance), hypertension, and abnormal blood lipids.**

There is a very strong link between the metabolic syndrome, obesity, and strokes. In addition, it is associated with low magnesium levels in the body, which also drastically increase one’s risk of strokes, heart attacks, and damage from these disorders.

Pregnant women and young children ingest massive amounts of these excitotoxin food additives, and the amounts increase every year. Not only can excitotoxins increase risk factors such as abdominal obesity and the metabolic syndrome, but recent studies have shown that even a few days exposure early in life can increase the generation of free radicals in the walls of blood vessels that lasts for decades.

**The inside lining of our blood vessels, called the endothelium, is the major site of damage that eventually develops into atherosclerosis. This lining is coated with numerous glutamate receptors, and the excitotoxins overstimulate these receptors, causing a massive release of free radicals and lipid peroxidation products.**

Free radicals and lipid peroxidation causes the damage that leads to the buildup of arterial crud (plaque). These same caustic products oxidize the fats, including cholesterol, in the wall of the blood vessel. Most physicians do not understand that in atherosclerosis, all of the fats in the vessel wall — including phospholipids and omega-6 oils — are oxidized and not just cholesterol. MSG (excitotoxins) triggers oxidation of the fats, which triggers an inflammatory immune reaction

in the vessel and leads to a buildup of scar tissue, oxidized fats, and, eventually, calcium.

This does not mean that MSG is the cause of atherosclerosis, but it is a major contributing factor and accelerates atherosclerosis tremendously, both by triggering free radical generation and by inducing metabolic syndrome.

**The answer is to provide your children with a healthy diet, have them exercise regularly, and provide guidance on avoiding drugs, getting adequate sleep, avoiding excess alcohol, and taking basic vitamins and minerals. The stroke someone has at age 45 did not begin that morning; it started as a young person — very young.**

## Coal Burning in the United States: Is It Safe?

If you mention coal burning to someone living in the United States you are likely to be met with a blank stare. Coal burning? Many people are completely unaware that coal burning plants supply 44.9 percent of the electricity in the United States. And some groups are calling for an increase in the building of coal-burning power plants.

At present, there are 1,493 coal-burning utility plants scattered across the country. The question all of us must ask is, Is it safe?

Both sides of the discussion argue vociferously for their viewpoint. As a strong supporter of the free market, I do not want to stand in the way of “progress,” but I also want my air to be clean and not destroy the health of my children and future generations of this country. **There is cause for alarm when it comes to coal burning. Coal burning releases mercury into the atmosphere. Most people are not aware that mercury contamination of the**

**air is a major problem and contributes greatly to all of our health risks — and the unborn and very young are especially at risk.**

Mercury is one of the most poisonous substances on earth, and toxicologists admit that there is no known “safe” level. Studies of mercury levels in newborns indicate that over 300,000 babies have levels that exceed EPA safety limits.

In considering this, it is important to keep in mind that there are a number of sources of mercury in our environment, including the air, ground water, dental amalgam, contaminated seafood, and vaccines.

Burning coal accounts for approximately 40 percent of the atmospheric mercury in the United States.

The majority emanates from about 50 utility plants, most of which are located in the deep South. These 50 plants emit 20 tons of mercury into the air every year. This explains why the deep South has the highest atmospheric mercury levels in the country. Texas is the worst offender.

Most of these plants are older, and owners have ignored public demands for installation of special equipment that has been shown to remove 90 percent of the mercury.

It is obvious that something has to be done to clean up the 50 utility plants responsible for the majority of the mercury pollution.

I hope there will be a delay in further construction until we see documentation that proves existing atmospheric mercury levels have been lowered.

But coal burning is by no means the only source of atmospheric pollution: brick manufacturing plants are also a major source of atmospheric

### The Eyes Have It — Drink White Tea

A new study out of Hong Kong found that the beneficial chemical components in green tea extract were distributed throughout the eyes of rats fed the extract. Interestingly, the various components of green tea were distributed in different eye structures. For example, gallicocatechin concentrated in the retina, and higher amounts of epigallocatechin were found in the aqueous humor (front chamber).

Importantly, they also measured the level of lipid peroxidation in the eye (a measure of free radical damage) and found that green tea significantly reduced this damaging process. This is great news for all of us, since it shows that if we take green or white tea extract and drink white tea several times a day, especially if we start early in life, we can potentially avoid many of the eye diseases associated with aging.

pollution. Until mercury levels in the atmosphere have been lowered, you can protect yourself from mercury toxicity by utilizing a number of supplements:

- **N-acetyl L-cysteine (NAC).** Take 500 mg with the largest meal of the day, as it can cause stomach distress. This significantly increases glutathione, a mercury-binding antioxidant molecule found in all cells. A new supplement called OSR-1 is even more effective and can be taken with a meal or on an empty stomach. Unlike NAC, it does not upset the stomach.
- **R-lipoic acid.** Take 50 mg twice a day with a meal. This is a powerful antioxidant found in all cells that also binds (chelates) mercury and removes much of its toxicity.
- **Aged garlic extract (Kyloic brand).** This specially prepared form of garlic binds mercury and even removes it from the brain. Because it can be taken every day, it has a special advantage over drugs that are chelators, such as DMSA.
- **Magnesium.** This mineral has been shown to help remove mercury from the brain and protect against free radical damage. More importantly, it reduces excitotoxicity caused by mercury. Mercury's main toxic effect on the brain occurs by triggering excitotoxicity. The dose is 500 mg of magnesium citrate/malate twice a day.
- **Selenomethionine 200 mcg.** Selenium is important to our antioxidant system, and it has been shown to neutralize some toxic metals, including mercury. Studies have shown it removes mercury from the brain, a major site of accumulation. Do not exceed 200 mcg a day.

## Stem Cell Treatments: A View of the Future

While attending an anti-aging Conference in Orlando, one of the lectures I attended was by a cardiologist, Dr. Zannos Grekos, who is connected with an institute doing stem-cell treatments (see [www.regenocyte.com](http://www.regenocyte.com)) of humans. I was in awe as I listened to the marvelous things stem-cell treatments were able to accomplish. It was truly amazing — strictly “Star Wars” stuff.

Dr. Grekos discussed patients with heart damage from heart attacks (myocardial infarctions) in which treatment with stem cells injected directly into the damaged heart muscle significantly improved heart function. Objective studies clearly indicated the stem cells were converted into functioning heart-muscle cells inside the body.

I was particularly interested in studies involving neurological diseases, such as Parkinson's disease and strokes. By injecting the stem cells into the arteries feeding the brain, they were able to improve many neurological functions. This holds great promise for the future in treating patients who have advanced neurological

diseases, such as Parkinson's and Alzheimer's.

Recent studies have shown that stem cells can differentiate into fully functional brain cells. This paves the way for some truly remarkable treatments. The stem cells being used are not embryonic, but rather come from the patient's stem cells, meaning there is no worry about rejection and using dangerous immune-suppressing transplant drugs.

**One of the amazing side effects of injecting brain**

### Sweat It All Out

You've heard the phrases before “sweat it all out” and “physical activity is good.” Well these statements couldn't be truer. Sweating is not just a way to cool the body. The medical profession has known for over 85 years that sweating is an excellent way to remove mercury from the body, and modern studies have confirmed this. It also removes pesticides, herbicides, and other toxic chemicals and metals. This is one of the reasons we often sweat profusely when we are sick with a virus or bacterial infection.

During such illnesses, we build up a great number of internally created toxins that must be removed. One way to restore the healthy practice of sweating is to use a sauna. Raymond Francis, a renowned MIT scientist, has carefully researched this and found a perfect sauna for the home. Go to [www.beyondhealth.com](http://www.beyondhealth.com) for more information.

arteries with these stem cells was quite unexpected and startled even the researchers. Two patients, who were colorblind prior to the injection, had full-color vision afterwards. Apparently, the stem cells replaced the lost color-sensitive neurons.

Very few side effects were reported with the use of the stem cells, and most were minor. As these techniques are refined, the door may be opened to something we could only dream about — replacing damaged and diseased cells without surgery. In time, organ transplantation will be a thing of the past, that is, unless the government takes over all healthcare and decides such treatments are only for the elite.

One company sells a product, Stem-Kine ([www.stem-kine.com](http://www.stem-kine.com)), that is supposed to stimulate a person's bone marrow stem cells to multiply — sort of an auto-stem cell treatment. The ingredients are common and non-toxic. Unfortunately, there is only one study to support their claims, and it was funded by the company. (Only 1 out of 13 authors of the study was connected to the manufacturer of the product, and he was not the lead author.)

Other independent studies have shown that one of the main ingredients, beta-glucan, can mobilize endothelial stem cells from the bone marrow. Independent confirmation is needed.

## Reports Suggest Dramatic Increase in CT Scan Cancer

Two studies appearing in the Archives of Internal Medicine suggest that, based on the actual radiation dose calculated per CT procedure, we could see 29,000 new cases of cancer in patients exposed to CT scanning.

The highest risk was to women having scans of the abdomen and pelvis.

A previous study found that the radiation dose could vary as much as 13-fold, meaning some procedures expose patients to very high doses of radiation. Younger patients are at greater risk, with 20-year-olds facing a doubling of cancer risk.

**The number of CT scans has increased from 3 million in 1980 to a current rate of 70 million per year, making this a major problem. I was told by a good friend, who is a radiologist, that newer scanners emit dramatically higher radiation levels than the older scanners. This is why I recommend using MRI scanning, since it uses no radiation.**

With government-run healthcare, we can expect the government to approve only CT scanning, and we can expect government-controlled scientists to release a report claiming that CT scans are safe.

**PLEASE NOTE:** All information presented in **The Blaylock Wellness Report** is for informational purposes only. It is not specific medical advice for any individual. All answers to reader questions are provided for informational purposes only. All information presented in **The Blaylock Wellness Report** should not be construed as medical consultation or instruction. You should take no action solely on the basis of this publication's contents. Readers are advised to consult a health professional about any issue regarding their health and well-being. While the information found in **The Blaylock Wellness Report** is believed to be sensible and accurate based on the author's best judgment, readers who fail to seek counsel from appropriate health professionals assume risk of any potential ill effects. The opinions expressed in **The Blaylock Wellness Report** do not necessarily reflect those of Newsmax Media.



## Ask Dr. Blaylock

### Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share.

Each month, he will select a few to be published and answered in the newsletter.

Please remember that he cannot answer every question.

When submitting a question or comment, please include full name, city, and state.

Please e-mail the doctor at: [askblaylock@newsmax.com](mailto:askblaylock@newsmax.com).

**Q: Is being in a sauna good for detox? How much is too much?**

— Lucinda M., Livermore Calif.

**A:** A sauna is a good system for detoxification, especially for pesticides and toxic heavy metals, such as mercury. In fact, profuse sweating was one of the earliest methods used to remove mercury over a hundred years ago.

Several recent studies have shown this to be an excellent method for systemic mercury removal. Over time, that is, repeated sauna several times a week, mercury may be gradually removed from the brain because of diffusion from the brain into the blood. Most pesticides and mercury are very fat soluble, meaning that a great deal accumulates in the subcutaneous fat (just under your skin) and sweating can remove these toxins.

However, avoid prolonged periods in the sauna, because heat itself also increases damage and increases the damage caused by a number of toxins. No more than 20 minutes a day in my opinion, would be safe.

One of the problems we have in this air-conditioned society is that hardly anyone sweats anymore, except those who spend a lot of time outdoors. Take a mixture of antioxidants, natural vitamin E, buffered C, magnesium and flavonoids, to add a layer of protection from the heat.

**Q: There are new ads touting the safety of high fructose corn syrup. Is there some new research backing them?**

— Delores W., Sacramento, Calif.

**A:** There exists abundant scientific evidence to condemn high fructose corn syrup (HFCS). This toxic form of sugar is added to many foods and drinks and has become big business. When a

product produces big business and big profits, the manufacturers push hard for even more profits. In this case, the product is poison to your good health.

The manufacturers first ignore the research that warns about the product's dangers as long as it isn't in the public eye. If it becomes well known, then they go to their friends in the media to cover up the negative stories and to promote it as safe. If the heat is turned up too high, they pretend that they have some secret studies that not only show it is safe, but also that it can cure disease — it suddenly becomes wonderful. If that doesn't work, they put a lot of money into the hands of an unscrupulous scientist and they will produce a phony "epidemiological" study to prove it is wonderful. Ignore their hype — HFCS is extremely dangerous to your health.

**Q: Can you recap how to control blood sugar levels?**

— Robin R., Groveport, Ohio

**A:** Many flavonoids lower blood sugar and improve diabetes (reduce insulin resistance). These include hesperidin, quercetin, ellagic acid, ferulic acid, cinnamon extract, curcumin, luteolin, and apigenin. Many of these are available as extracts. R-lipoic acid is a powerful antioxidant that also dramatically lowers elevated blood sugar and protects against many of the harmful effects of diabetes. Most diabetics are significantly magnesium deficient and should take extra magnesium.

**Q: Do you have any suggestions for intermittent adrenergic atrial fibrillation (irregular heartbeat)?**

— Phil C., Queensland, Australia

**A:** Atrial fibrillation often responds to an elevation in magnesium intake. Because magnesium is so slow to enter the heart, oral supplementation may take six months or more to be effective, but most people see improvements much faster.

The dose is 500 mg of the sustained release form twice a day ([www.jigsawhealth.com](http://www.jigsawhealth.com)). Omega-3 oils also reduce heart irritability. This also requires reducing intake of omega-6 oils. L-carnitine, L-carnosine, curcumin, and taurine also reduce heart irritability. My book, "Health and Nutrition Secrets," explains this in more detail ([www.russellblaylockmd.com](http://www.russellblaylockmd.com)). The heart contains a number of glutamate receptors and cleansing your diet of excitotoxin additives also reduces heart irritability. (For more on this, see my newsletter "Food Additives: What You Eat Can Kill You," Oct. 2007.)

**Q: Is there any natural substance that will help ruptured disks? What is your opinion on cortisone?**  
— Alan C., Holbrook, N.Y.

**A:** Cortisone is used as an acute treatment when a disc ruptures. When the disc releases its contents, it jams into the nerve at that level and pinches it against the bone of the spine.

This causes the nerve to swell and become inflamed. Studies have shown that compressed nerves are only painful when inflamed. This is why cortisone helps — it reduces the swelling and blocks inflammation. Long-term use of cortisone can have many negative side effects, however.

Neurosurgical studies by a friend of mine, Dr. Joseph Maroon, the head of the Department of Neurosurgery at the University of Pittsburgh, have shown that high doses of omega-3 fatty acids

can relieve this pain in over half of patients. This usually required 6 to 10 grams of Norwegian fish oil ([www.vitacost.com](http://www.vitacost.com)), curcumin, quercetin, ellagic acid, magnesium citrate/malate, boswellia, and other natural products.

It is also important to heal the damaged nerves, and studies have shown that R-lipoic acid, a mixture of B-vitamins, acetyl-L-carnotine, DHA, natural vitamin E, and tocotrienol all promote nerve healing.

**Q: How can I prevent ear infections in my children?**

— Amanda N. Orem, Utah

**A:** There are several things that can be done, the simplest is to stop letting them consume cow's milk products — milk, cheese, etc. Cow's milk is strongly related to recurrent ear infections. Other food allergies are also linked to recurrent ear infections. Testing for food allergies may be necessary. Equally important, give them higher doses of vitamin D3.

A friend of mine's small children experienced repeated ear infections every year and this meant a lot of trips to the pediatrician and the children being on dangerous antibiotics. For this case, I suggested vitamin D3 in a dose of 1,000 IU for his children under 1 year and 2,000 IU for his children over that age.

For the first time, his children have had no more ear infections. This is supported by medical literature. Because antibiotics used for ear infections kill the beneficial bacteria in the bowel, children could benefit from probiotics twice a day during treatment and then once a week after they are off the antibiotics.

The **Blaylock Wellness Report** (#72) is a publication of Newsmax Media, Inc., and [Newsmax.com](http://Newsmax.com). It is published monthly at a charge of \$54.00 per year and is offered online and in print through [Newsmax.com](http://Newsmax.com).

Our editorial offices are located at 560 Village Boulevard, Ste. 120, West Palm Beach, Florida 33409.

The owner, publisher, and editor are not responsible for errors and omissions. Rights of reproduction and distribution of this newsletter are reserved.

Any unauthorized reproduction or distribution of information contained herein, including storage in retrieval systems or posting on the Internet, is expressly forbidden without the consent of Newsmax Media. **NEWSMAX MEDIA**

For permission, contact the publisher at PO Box 20989, West Palm Beach, Florida 33416.

**Publisher** Christopher Ruddy

**Editor** Russell L. Blaylock, M.D.

**Contributing Editor** David Alliot

**Art/Production Director** Elizabeth Dole

For Subscription/Customer Service inquires, call

1-800-485-4350 or e-mail

[wellnessreport@newsmax.com](mailto:wellnessreport@newsmax.com).

Send e-mail address changes to

[wellnessreport@newsmax.com](mailto:wellnessreport@newsmax.com).

© 2010 Newsmax Media, all rights reserved.