



Dr. David Brownstein's
NATURAL WAY TO HEALTH

Achieving & Maintaining Your Optimal Health

November 2013

Vol. 6, Issue 11

Flu Vaccine: Ineffective and Dangerous

This season, approximately 5 to 20 percent of the United States population will suffer from influenza. Worse yet, according to the Centers for Disease Control and Prevention (CDC), some 200,000 of those people will need to be hospitalized because of the chronic fever, headaches, nausea, and muscle aches brought on by this common respiratory illness.

The question is: Should you get a flu shot in order to avoid these often debilitating symptoms?

In this month's issue of Natural Way to Health, I will bring you up to date on the latest studies revealing the ineffectiveness of the flu vaccine, and tell you what you should really do to keep from getting sick this season.

Which Vaccine Should You Use?

More than anyone, Big Pharma is gearing up for flu season. And why not? The U.S. government has given pharmaceutical companies full immunity from all adverse effects that arise from vaccinations.

With no threat of liability for vaccine-associated problems, the industry has gone into overdrive, producing more and more types of flu vaccines.

For instance, GlaxoSmithKline, a drug company based in London, is shipping 10 million doses of its flu vaccine to the U.S. by October.

We now have vaccines that come as shots or as nasal sprays, and that cover three or four different strains of influenza. There is also a new intradermal vaccine that uses a much shorter needle than traditional vaccines.

There are inactivated vaccines, in which the flu

virus has been chemically killed using a toxin such as formaldehyde.

There are also live virus vaccines in which the virulence of the infectious agent has been reduced.

So which vaccine is better, inactivated or live? And what is the best way to take the vaccine, nasal spray, or injection?

Nobody knows the answers to these questions because there have been no definitive studies to answer them.

Are you confused? I sure am. How could any physician possibly know which vaccine is the best to give to his or her patients?

No Studies Recommend Flu Shots For Pregnant Women

The CDC claims that the flu vaccine should be given to all pregnant women. In fact, the CDC states flatly that "the flu shot is the best protection

IN THIS ISSUE . . .

- ▶ Should Children Be Vaccinated?..... 2
 - ▶ Adult Vaccination Is a Failure 3
 - ▶ Case Study: Common Cause of Fatigue..... 4
 - ▶ Vaccine Doesn't Work for People With Asthma..... 5
 - ▶ How to Prevent the Flu..... 5
 - ▶ In the News: Plastics Cause Cancer 6
 - ▶ What to Do if You Catch the Flu 7
 - ▶ Ask Dr. B 8
-

Empty Claims From the CDC

In 2013, the powers that be are pushing for more and more people to get the flu vaccine. In order to convince the public that it is in their best interest to get a flu vaccine, the CDC writes, “Influenza is a serious disease that can lead to hospitalization and sometimes even death. Over 31 years — between 1976 and 2007 — estimates of flu-associated deaths in the United States range from a low of about 3,000 in a year to a high of 49,000 people. During a regular flu season, about 90 percent of deaths occur in people 65 years and older.”

The CDC states that “Everyone who is at least six months of age should get a flu vaccine this season.”

For the CDC to make such a blanket statement, you would assume that the vaccine has shown great effectiveness in all ages. However, that is not true.

against [getting the] flu.”¹

However, there are no studies that prove this claim. In fact, researchers who looked at whether or not flu vaccine should be given to pregnant women concluded, “Evidence is . . . insufficient to recommend routine [flu vaccination] as the standard of practice for all healthy women beginning in pregnancy.”²

So are the flu vaccines on the market safe for pregnant women?

In the package insert that comes with flu vaccines, the following statement appears: “A reproductive and developmental toxicity study has been performed in female rats at a dose 40-fold the human dose and showed no evidence of impaired female fertility or harm to the fetus due to the [flu vaccine]. There are, however, no adequate and well-controlled studies in pregnant women.”³

That statement is not very reassuring. How can all pregnant women be told to get a flu shot when there are no good studies showing that it is safe or effective?

Here’s why pregnant women should not get a flu shot.

Most flu vaccines contain toxic additives such as thimerosal, which is made up of 50 percent mercury. Mercury is one of the most toxic substances known to mankind.

There is absolutely no justification to inject any living being — especially a pregnant woman — with mercury.

Should Children Be Vaccinated?

The Cochrane Collaboration is an independent nonprofit medical research organization with representatives from more than 120 countries. They release reports that help healthcare practitioners and policymakers develop informed decisions about healthcare.

Most importantly, the Cochrane Collaboration does not accept commercial funding.

Cochrane reports have not been favorable to the idea that everyone over the age of six months should get the flu vaccine. In fact, their reports have found little effectiveness with any of the influenza vaccines.

For instance, the Cochrane Collaboration reviewed 51 studies that had surveyed 294,000 children and reported that there was “no evidence that injecting children 5 to 24 months of age with the flu shot was any more effective than placebo.”

In children over two years of age, it was only effective 33 percent of the time in preventing the flu.⁴ In other words, the failure rate was 67 percent.

In a 2011 report — one of the most pro-flu vaccine reports to come from the Cochrane

Dr. David Brownstein’s Natural Way to Health is a monthly publication of Newsmax Media, Inc., and Newsmax.com. It is published at a charge of \$54.95 for print delivery (\$49.95 for digital/online version) per year through Newsmax.com and NewsmaxHealth.com.

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, Inc.

For rights and permissions, please contact the publisher at PO Box 20989, West Palm Beach, Florida 33416 or by email at copyright@newsmax.com.

Publisher Travis Davis

Doctor David Brownstein, M.D.

Contributing Editor Matthew Kalash

Art/Production Director Phil Aron

To contact **Dr. David Brownstein’s Natural Way to Health** send email to: askdrdavid@newsmax.com.

For Subscription/Customer Service inquiries, call 1-800-485-4350 or email customerservice@newsmax.com. Send email address changes to customerservice@newsmax.com.

© 2013 Newsmax Media, Inc. All rights reserved.

Newsmax is a registered trademark of Newsmax Media, Inc. **Dr. David Brownstein’s Natural Way to Health** is a trademark of Newsmax Media, Inc.

newsmax health

NEWSMAX MEDIA

Please note: All information presented in **Dr. David Brownstein’s Natural Way to Health** (including answers to reader questions) is for informational purposes only, and is not specifically applicable to any individual’s medical problem(s), concerns, and/or needs. **No content is intended to be a substitute for professional medical advice, diagnosis, or treatment.** All information presented in **Dr. David Brownstein’s Natural Way to Health** 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. **Any action you take on the basis of the information provided is solely at your own risk and expense.** The opinions expressed in **Dr. David Brownstein’s Natural Way to Health** do not necessarily reflect those of Newsmax Media, Inc.

Collaboration — researchers looked at 75 studies that encompassed approximately 300,000 subjects. They studied both the efficacy and effectiveness of live vaccines, meaning that results were studied both in clinical trials and in real world situations.

The authors reported that six children under age six need to be vaccinated with live vaccine to prevent even one case of the flu. In other words, five out of six children — 83 percent — got no benefit from vaccination.

The scientists stated that they could find “no usable data for those aged two years or younger.”

For the inactivated flu vaccine, the same authors found that the vaccine performed no better than placebo in children two years old and younger. For children over the age of six, the inactivated vaccine is not much better.

They found that 28 children over the age of six need to be vaccinated to prevent once case of the flu.

In other words, the inactivated flu vaccine has a 96 percent failure rate, as 27 out of 28 children over the age of six got no benefit.⁵

And remember, this was one of the most positive flu vaccine reports to come from Cochrane.

The authors of this Cochrane review caution that any positive results from the flu vaccine need to be looked at with a cautious eye because of the bias from Big Pharma-sponsored flu vaccine trials.

The authors also point out that this report referenced studies sponsored by Big Pharma — which are more likely to produce positive results than publicly funded studies.

Adult Vaccination Is a Failure

A Cochrane review of 50 studies including more than 70,000 adults found that when the flu vaccine was poorly matched for the circulating influenza virus — which is usually the case — 100 people need to be vaccinated to prevent just one case of the flu.

In other words, the flu vaccine had a 99 percent failure rate.

When the vaccine matched the circulating viral strain, 33 patients had to be vaccinated to prevent one case of the flu — which is “only” a 96 percent failure rate.⁶

The CDC claimed that the 2012-2013 flu vaccine was 56 percent effective against the flu. However,

data supplied by the CDC did not back up this claim.

In fact, the data clearly showed that the 2012-2013 flu vaccine had, at best, a net benefit of 17 percent reduction in flu infection — which indicates an 83 percent failure rate.

Those numbers are not good enough to set national policy with.⁷

Does the Flu Shot Protect the Elderly?

The flu vaccine was originally developed to protect elderly people from contracting the virus and suffering adverse effects from it.

Indeed, the powers that be have been terrifying the elderly for more than 30 years with claims that if they do not take the flu vaccine, they are putting their lives at risk.

Yet the same Cochrane study quoted above also reported that the 2012-2013 flu vaccine was not effective for the elderly.

The University of Minnesota’s Center for Infectious Disease Research and Policy studied 12,000 peer-reviewed publications dating back to 1936, and concluded that the flu vaccine protection is substantially lower than other recommended vaccines, offering little protection for seniors.⁸

Continued on page 5



David Brownstein, M.D., is a board-certified family physician and one of the foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with nutritional therapies in his practice. His books include *Drugs That Don't Work and Natural*

Therapies That Do!; *Iodine: Why You Need It, Why You Can't Live Without It*; *Salt Your Way To Health*; *The Miracle of Natural Hormones*; *Overcoming Arthritis*; *Overcoming Thyroid Disorders*; *The Guide to a Gluten-Free Diet*; *B12 For Health*; *The Guide to a Dairy-Free Diet*; and *The Soy Deception*. He is the medical director of the Center for Holistic Medicine in West Bloomfield, Mich., where he lives with his wife, Allison, and their teenage daughters, Hailey and Jessica. For more information about Dr. Brownstein, please go to www.drbrownstein.com.

Hormone Deficiency Is Common Cause of Fatigue

In each issue, I will share with you the story of one of my patients and how sometimes simple alternative approaches can solve major health problems. Names and some details have been changed for privacy's sake, but the problems and their resolutions are real.

— Dr. David Brownstein

Julie, 36, had suffered with fatigue for more than five years. "I used to be full of energy. Now, I am just barely surviving," she said. "I wake up tired and feel tired all day."

The most common complaints that I hear from patients relate to fatigue. They are exhausted and don't know why.

No matter what your age, it is not normal to feel fatigued. Our bodies are designed to keep adequate energy stores to help us through a full, productive day. Clearly, something was not right with Julie.

Amazing Little Glands

There are many conditions that can cause fatigue, including having poor sleep habits or eating a bad diet. In addition, infections, nutritional deficiencies, and hormonal imbalances can also lead to fatigue.

One common cause that is nearly always overlooked is adrenal deficiency. The adrenal glands are located on the upper pole of the kidneys. They produce hormones such as cortisol and epinephrine. The inner part of the glands produce androgen hormones such as DHEA, pregnenolone, and testosterone. It is amazing that such small glands are responsible for so many important hormones.

We need our adrenal glands to produce adequate amounts of cortisol, which stimulates white blood cells to fight infection. It also increases the release of blood sugar and can stimulate the body's metabolism. But taking too much cortisol in the form of steroids can disrupt the body's natural responses and lead to problems such as diabetes and osteoporosis.

In medical school, we were taught little about the adrenal glands. I learned about complete adrenal failure — a potentially fatal condition called Addison's disease. However, nothing was mentioned about other hypoadrenal syndromes, which occur when the adrenal gland produces hormones, but in suboptimal amounts.

Over the last 20 years, I have seen thousands of patients with hypoadrenal conditions. During that same time period, I have seen two patients with

Addison's disease. I am still amazed that medical students are taught about Addison's but not hypoadrenal conditions.

'I'm on the Right Track'

Julie told me she could not exercise. "I used to love to exercise. In fact, I exercised almost every day until I got sick," she said.

Human beings need to be active, and our bodies are designed to feel good with exercise, which stimulates the adrenal glands to release hormones that increase metabolism and brain function, and lead to pleasurable feeling.

When a patient tells me that he or she feels worse after exercising, I always consider the possibility of adrenal dysfunction. This is particularly true in a patient who previously felt good with exercise but can no longer tolerate it.

I did a thorough workup of Julie to help establish the underlying cause of her adrenal dysfunction. I also asked Julie to collect her urine for 24 hours, which I then tested for hormone levels, including cortisol.

In a person with Addison's disease, there will be almost no cortisol being produced. In a hypoadrenal case, the cortisol level will be low, as it was in Julie's case.

Julie was also low in another adrenal hormone called aldosterone, which helps the body maintain normal blood pressure. When she gave me her history, Julie told me that she had experienced what we call "orthostatic" changes in her blood pressure, meaning that it fell dramatically when she stood up. This is very common with hypoadrenal conditions.

I placed Julie on a small amount of cortisol and aldosterone as well as the adrenal hormones DHEA and pregnenolone. I also asked her to take 5,000 mg of vitamin C each day to aid her adrenal function.

Finally, I asked her to ingest at least one teaspoon of unrefined salt per day. The adrenal glands regulate salt intake in the body. They don't function well without adequate salt.

At a follow-up visit two months later, Julie was feeling much better.

"It was pretty amazing," she said. "Within a few days of taking the cortisol, I began to wake up. I can now do mild exercise without getting fatigued. I know I'm on the right track"

More information about adrenal function can be found in my book, *The Miracle of Natural Hormones*. □

The Shocking Dangers of Big Pharma's Happy Pills



PLUS: The Fast-Acting, Natural Mood Booster Your Doctor Doesn't Know About

While it may be commonplace, ongoing stress can have disastrous effects on your health, relationships, productivity and overall quality of life.^[1] If you suffer from persistent stress, it's imperative that you take action now to keep it from destroying your health and taking years off your life. Yet sadly, too many people take a Band-Aid approach, which ends up doing more harm than good.

I'm Joshua Corn, Editor-in-Chief of the *Live in the Now* natural health newsletter. Our mission is to help people take control of their health by empowering them with information and providing practical, natural solutions backed by hard science.

We Are More Stressed and Overwhelmed Than Ever

Sadly, over 40 million Americans suffer from serious angst and despair each year,^[2] and an ever-increasing number are turning to psychiatric drugs to cope. The result? Big Pharma is reeling in the cash, and doctors are going along for the ride, handing out prescriptions like candy. According to the CDC, 1 in 10 Americans over age 12 is taking a prescription to boost their mood with a stunning 1 in 4 women aged 40-59 taking one.^[3] Yet these drugs are a far cry from a solution and they have many side effects, such as weight gain, sexual dysfunction, insomnia, headaches and suicide.^[4,5,6,7]

The Most Powerful Stress Fighter Yet Discovered

I've been following the research on a natural plant extract with an amazing proven ability to combat the effects of stress called *Sceletium tortuosum*. It has a remarkable ability to brighten mood, dissolve tension, boost energy and enhance cognitive function, all within as little as 30 minutes!^[8,9] Research shows that scelletium keeps more serotonin in circulation,^[10] which means better moods, better sleep, reduced food cravings and fewer aches and pains. At the same time, it inhibits the enzyme PDE4, providing beneficial effects on mood and cognitive function in stressful situations.^[10,11]

How to Make Sceletium Work for You

There is currently only one patented, standardized scelletium available. It's called Zembrin®, and it's the only legal source of scelletium and the brand used in all the studies demonstrating scelletium's effectiveness. Zembrin can be difficult to find because production is limited, so watch out for imposter products. I've seen a few companies using the Zembrin name without authorization, and who knows what they're using instead! Unfortunately, the few companies that are authorized to sell Zembrin charge way too much for their product.

The Sceletium Supplement I Recommend

Finding a high-quality, affordable scelletium supplement can be difficult, so I took it upon myself to develop an effective, low-cost

version that I call CalmTrex™. In addition to my work with *Live in the Now*, I'm the CEO of *Stop Aging Now*, a company that has been making premium supplements since 1995. Because of our nearly 20-year track record, we are one of the few companies licensed to use the Zembrin brand. I encourage you to do your own research, but I'm confident that CalmTrex is simply your best option. It provides the optimal 25 mg dose of Zembrin in just one small capsule per day, making it incredibly convenient. CalmTrex is also made in the USA in an FDA inspected facility that exceeds USP specifications for safety, purity and potency. And at as low as \$16.50 per bottle, it's up to 50% less than what other companies are charging. Plus it ships to you for free, is tax-free and comes with an "any reason" 365-day guarantee.

I Personally Guarantee the Quality

I really want this product to exceed your expectations. That's why I like to keep things simple. If you don't like CalmTrex, even after 1 full year, it's FREE. This way, you risk nothing. Remember, CalmTrex is not available in stores and the special discounted prices with free shipping won't last. So place your order today!

Try CalmTrex™ RISK FREE!
Order Today & Get Free Priority Shipping (a \$7.95 value)

Three Easy Ways to Order:

Toll-Free: 800-627-9721 Ref. Code: CLTSP3

Online: www.stopagingnow.com/calm3

By Mail: Complete the below form and mail to:
Stop Aging Now Orders Department
4938 Hampden Lane #109, Bethesda, MD 20814



30 Veggie Capsules
1 Bottle = 1 Month Supply

YOUR VERY BEST DEAL

Please send me 6 bottles of CalmTrex™ plus 2 FREE bonus bottles for only \$132.00 (that's just \$16.50 per bottle).
Price per bottle includes bonus bottles.

GREAT SAVINGS

Please send me 3 bottles of CalmTrex™ plus 1 FREE bonus bottle for only \$79.80 (that's just \$19.95 per bottle).
Price per bottle includes bonus bottle.

GOOD SAVINGS

Please send me 1 bottle of CalmTrex™ for only \$24.95.



NOTE: This is NOT an automatic ship plan. No other charges will be made other than your initial order.



Free shipping only valid for U.S. states and territories. Coupons cannot be applied.

The information contained above is for general consumer understanding and education, and should not be considered or used as a substitute for medical advice, diagnosis or treatment. This product is not an alternative to any prescription drug. If you are currently taking a prescription drug, consult your doctor before making any changes. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent disease.

Scientific References: [1] *Metab Clin Exper.* 2002 Jun;51(6B):40-45. [2] *Arch Gen Psych.* 2005 Jun;62(6):617-27. [3] *Antidepressant Use in Persons Aged 12 and Over: United States, 2005-2008.* NCHS Data Brief No. 76. October 2011. [4] *Can J Psychiatry.* 2002;47(2):174-180. [5] *Debate Resumes on the Safety of Depression's Wonder Drugs.* New York Times. 8/7/03. [6] *Brit J Psychiatry.* 2000;177:551-6. [7] *Suicides and Homicides in Patients Taking Paxil, Prozac, and Zoloft: Why They Keep Happening - And Why They Will Continue.* The MedicationSense E-Newsletter. Oct.-Dec. 2003. [8] *J Ethnopharmacol.* 2008 Oct;119(3) 653-663. [9] *J Ethnopharmacol.* 2009 Jan;121(1):86-91. [10] *Neuropsychopharmacol.* 2013; 1-9. Epub ahead of print 8/21/13. doi:10.1038/npp.2013.183 [11] *J Alt Comp Med.* Epub ahead of print 2/26/13. doi:10.1089/acm.2012.0185.

Vaccine Ineffective for People With Asthma

The CDC makes a point of encouraging all with asthma and other chronic lung disorders to get the flu vaccine. But a study of 800 children with asthma found that flu vaccination failed to prevent asthma exacerbations, according to a report in *Archives of Disease in Childhood*.

Another study, which was presented at the American Thoracic Society's 105th International Conference in San Diego, Calif., found that an inactivated flu vaccine "did not provide any protection against hospitalizations in pediatric subjects, especially children with asthma. On the contrary, we found a 300 percent increased risk of hospitalization in subjects who did get the FluMist vaccine."

Continued from page 3

The elderly are the last group of patients who should be required to receive the flu vaccine, because their immune systems respond least to the injectable antigens found in vaccines. In fact, all vaccines have decreased efficacy for elderly people.

But worse than that is the fact that elderly people can suffer worse adverse consequences from mercury exposure because their blood-brain barriers are not as strong as those of younger patients, allowing the brain tissue itself to be exposed to toxic mercury.

What You Can Do to Prevent the Flu

The most important thing you can do to prevent any illness is to maintain a strong immune system. How do you accomplish that?

The first step is to eat a healthy diet, and the

Exclusive to Current Subscribers

Current subscribers have instant access to any and every past edition of **Dr. Brownstein's Natural Way to Health**.

Simply go here:
drbrownstein.newsmax.com

Check your e-mail inbox for this month's password.
(Please remember to use lowercase letters.)

first step to a healthy diet is to maintain optimal hydration. The immune system will not function optimally in a dehydrated state. The body is made up of 70 percent water, while the brain is 80 percent water. I always encourage my patients to drink enough water.

Here's how you do it: Take your body weight in pounds, divide by two and the resulting number is the amount of water you should drink daily, in ounces.

But it has to be pure water. Drinking beverages loaded with sugar and caffeine will actually worsen dehydration.

The next piece of dietary advice to optimize immune system function is to eliminate refined sugar from your diet.

In this country, we eat a tremendous amount of refined sugar. In 1915, the national average of sugar consumption was around 15 to 20 pounds per person per year. Today, it is estimated that Americans ingest more than 130 pounds of refined sugar per person per year.

Refined sugar is profitable for the food industry because the refined product has a longer shelf life. But the refining process removes the nutrients that are usually found in sugar. This results in a devitalized food source — and eating a devitalized food source leads to a devitalized body.

Studies have shown that ingestion of refined sugar also results in a depressed immune system. In fact, the amount of refined sugar in two cans of regular soda — about 75 to 100 grams — can suppress the immune system's white blood cells.

Specifically, this kind of sugar has been shown to inhibit white blood cells' ability to engulf and destroy bacteria.

At the University of Utah, researchers found that female mice that ate a diet of 25 percent added sugar — similar to a human drinking three cans of regular soda per day — died at twice the normal rate, and the males were less likely to hold territory and reproduce.⁹

The authors of the study concluded, "Our results provide evidence that added sugar consumed at concentrations currently considered safe exerts dramatic adverse impacts on mammalian health."

Continued on page 7

In the News: Reading Between the Medical Headlines

Chemicals in Plastic Cause Cancer

In a study published in the August 2013 issue of *PLOS One*, scientists examined 18 bottled water products for the presence of endocrine-disrupting chemicals. The authors detected significant anti-estrogenic activity in 13 of 18 products examined. In addition, 16 of the samples tested positive for antiandrogenic activity.

Over the last few decades, there is no doubt that we have been exposed to an increased amount of endocrine-disrupting chemicals, which inhibit normal hormone pathways. This study is the first to document endocrine-disrupting chemicals in bottled water.

What are the consequences of increasing exposure to these chemicals? Over the last 40 years, we have been experiencing an epidemic of endocrine-related cancers such as cancer of the breast, ovary, uterus, thyroid, and prostate. I have no doubt that the increased rate of cancer is being driven, in large part, by exposure to endocrine-disrupting chemicals.

Plastics are known to contain endocrine-disrupting chemicals. Any food or drink source in contact with plastic will most likely contain these chemicals.

It is best to avoid using plastic wraps and avoid food in plastic containers. Most importantly, do not heat food, particularly with microwaves, in a plastic container, as the melting of the plastic will release chemicals into the food.

It is also important to take the right supplements to maintain the body's detoxification pathways. This includes ensuring adequate amounts of iodine, vitamin C, vitamin E, and alpha lipoic acid.

It's best to put a good filter system on your home water supply and use that for drinking.

'Ugly Side of Statins'

The authors of a study titled, "The Ugly Side of Statins: Systemic Appraisal of the Contemporary Un-Known Unknowns" (*Open Journal of Endocrine and Metabolic Diseases*, March 2013) undertook a comprehensive review of large-scale, randomized trials on statin medications in cardiovascular disease primary prevention programs. They found that, "Not only is there a dearth of evidence for primary cardiovascular protection, there is ample evidence to show that statins are

associated with triple the risk of coronary artery and aortic artery calcification. Cardiovascular primary prevention and regeneration programs, through lifestyle changes and abstaining from tobacco use have enhanced clinical efficacy and quality

of life over any pharmaceutical or other conventional intervention."

This study showed the failure of statins for primary prevention of cardiovascular disease. Primary prevention refers to using the drug before an illness develops. In the case of statins, it refers to prescribing a statin for a patient who has not had a heart attack, but has high cholesterol.

Secondary prevention is the use of statins in a patient who has already suffered a cardiac event.

More than 75 percent of people currently using statins are using it for primary prevention. As this article points out, there are no good studies that prove that statins have any benefit for primary prevention. Considering the adverse effects of statins — muscle weakness and breakdown, depression, diabetes, and cancer — there is no reason anyone should take a statin drug for primary prevention of heart disease.

Men Need Testosterone and Estrogen

The September 12, 2013 issue of the *New England Journal of Medicine* reported on a study of 198 healthy men ages 20 to 50 years old who were treated with a drug (Zoladex) in order to suppress testosterone production. They received either a placebo or testosterone gel daily for 16 weeks.

Another group of 202 healthy men were treated with Zoladex, placebo gel or testosterone gel and a drug (Arimidex) to decrease the conversion of testosterone into estrogen. All the subjects were studied for changes in libido and body fat and lean mass. The researchers found that as testosterone levels fell, lean mass and muscle size declined. Estrogen deficiency was associated with increases in body fat.

Testosterone is important for maintaining lean body mass and muscle strength. In men, both estrogen and testosterone are important to maintain sexual function. It is impossible to achieve your optimal health if the hormonal system is imbalanced. Estrogen is not just for women, men need it too. □

‘It’s best to put a good filter on your home water supply and use that for drinking.’

What About Healthcare Workers?

According to policymakers in this country, all healthcare workers should receive the flu vaccine in order to protect them and the public from becoming ill. I have even seen many flyers and ads in hospitals telling their workers that it is their *duty* to get a flu shot.

In some cases, if a healthcare worker does not want the flu vaccine, he or she is made to feel like a pariah. Some have mandated that such workers must wear masks during the entire flu season. Other employers

have threatened to fire workers who refuse the flu vaccine. I have even had patients who lost their jobs over this issue.

There hasn't been a single good study documenting the effectiveness of the flu vaccine for healthcare workers. The Cochrane group attempted to determine whether influenza immunization of healthcare personnel could reduce the incidence of influenza-related complications in older residents of long-term facilities, publishing their results in the *Journal*

of Family Practice.

The authors looked at five trials and concluded that the vaccination of personnel had no effect on the incidence of influenza or complications from influenza including pneumonia, admissions to the hospital, and death from pneumonia. The conclusion of the article stated, "There is insufficient evidence to support the vaccination of healthcare workers as a measure to protect older patients from influenza."

Continued from page 5

The next step to maintaining an optimal immune system is to avoid eating food contaminated with pesticides and synthetic hormones.

For this reason, it is best to eat organic fruits and vegetables as well as animal products that come from organically fed livestock raised in humane conditions.

Finally, it is helpful to supplement with vitamin C. Humans are one of the few animal species that do not manufacture their own vitamin C.

But vitamin C is an essential nutrient, which means that we must get it from our diets or we develop scurvy and die.

It takes approximately 3,000 to 5,000 mg of vitamin C per day to saturate the receptors on the red and white blood cells. If your stomach tolerates it, I recommend taking 3,000 to 5,000 mg of vitamin C per day.

What Should You Do If You Catch the Flu?

As I wrote in the November 2010 issue of *Natural Way to Health*, the medications Tamiflu and Relenza are not good options for treating the flu. They are ineffective and expensive, and are associated with severe side effects.

For acute viral infections, including the flu, supplementing with Vitamin D3 (50,000 units per

day), vitamin A (100,000 units per day), and vitamin C (10,000 mg twice per day, if your stomach can tolerate it) is very helpful for the immune system.

However, you should not take these large doses for more than two days without consulting a healthcare provider.

Alpha lipoic acid (300 mg twice per day) will also help fight the flu.

There is a clear lack of evidence that the flu vaccine is effective at preventing the flu and the adverse consequences of the flu, such as pneumonia and death.

It is amazing to me that conventional medicine repeats the mantra about following evidenced-based medicine, yet endorses such treatment without any evidence of its effectiveness.

For the flu vaccine, the evidenced-based medical advice is clear: It is ineffective and there is no compelling reason to require anyone to receive a yearly flu shot. □

REFERENCES

1. <http://www.cdc.gov/flu/protect/vaccine/pregnant.htm>.
2. *Vaccine*, vol. 27, issue 35, 30. July 2009.
3. http://www.gsksource.com/gskprm/en/US/adirect/gskprm?cmd=ProductDetailPage&product_id=1244169337831&featureKey=600581#nlmhighlights.
4. Cochrane Database of Systemic Reviews, February 2008.
5. Cochrane Database of Systematic Reviews, August 2012.
6. Cochrane Database of Systematic Reviews, June 2013.
7. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6207a2.htm>.
8. <http://www.kare11.com/news/article/994888/391/U-of-M-study-challenges-effectiveness-of-flu-vaccine>.
9. *Nature Communications*. Aug 13, 2013.

Dear Readers,

I will try to answer as many questions as I can. However, because of the volume of questions, I cannot answer each letter personally. Please include your full name, city, and state when submitting. If you have a question for me, please email it to: askdrdavid@newsmax.com.

Take B12 for Nerve Pain

My wife has just completed chemotherapy and radiation for breast cancer, but she has been left with neuropathy. What would be an adequate amount of vitamin B12 to relieve the condition?

— John H., Greensboro, N.C.

Neuropathy, or nerve pain, is damage to the nerves of the peripheral nervous system, and can manifest as pain or tingling in the body's extremities. The most common areas affected are the hands, lower legs, and feet, where pain can become so severe as to be debilitating.

Unfortunately, neuropathy is a very common adverse effect of chemotherapy. Radiation therapy can also cause neuropathy if it damages the nerves.

To prevent chemotherapy or radiation therapy-induced neuropathy, it is important to take B vitamins as well as vitamin C before undergoing chemotherapy and/or radiation. If neuropathy has already developed, taking B vitamins and vitamin C can also help the situation.

I recommend 1 mg of injectable hydroxyl- or methyl- B12 daily for 30 days. Also, it is important to take a B-complex 100 pill and 50 to 100 mg per day of vitamin B6.

Be careful because vitamin B6 can be toxic at high levels. I have not found any problems in using these doses for 30 days. After 30 days, continue to inject 1 mg of B12 two to three times per week.

Infection and Arthritis Are Linked

My wife was recently diagnosed with psoriatic arthritis. A rheumatologist is recommending a regimen of biologics. Should I convince my wife to see a holistic doctor instead?

— Robert R., Ambler, Pa.

Psoriatic arthritis is an autoimmune inflammatory arthritic condition characterized by

joint pains, nail changes, and tendonitis.

I have treated many patients with psoriatic arthritis. Like many other autoimmune conditions, an underlying infection is often part of the disease process. Unless the infection is properly diagnosed and treated, the illness progresses.

Mycoplasma, chlamydia, and human herpesvirus 6 are common infectious organisms found in psoriatic arthritic patients. Antibiotic or antiviral therapy along with a holistic approach that emphasizes vitamins, minerals, and bioidentical hormones have proven their worth in my practice.

More than 80 percent of the psoriatic arthritic patients that I have treated with the approach that I outlined in my book, *Overcoming Arthritis*, have had very good results.

You Don't Need Sunscreen

I have read that suntan lotions are actually causing cancer. Is that true?

— Christine S., Howell, Mich.

If someone could show me a good study demonstrating that sunscreen decreases the incidence of skin cancer, I would appreciate it. Unfortunately, there is no such study.

We have been conditioned to stay out of the sun and use sunscreen whenever we are. We have been told that the sun is bad for us because its ultraviolet rays will cause skin cancer.

What have we done with all this advice? We have stayed out of the sun and we now use more sunscreen than we ever have.

Have skin cancer rates declined? No. They have gone up. This does not prove that sunscreen causes skin cancer, but it certainly does throw cold water on the idea that we should use suntan lotion anytime we are in the sun.

Forget about sunscreen. We need sun exposure to make vitamin D. Sun exposure also has many positive hormonal effects in the body.

To your good health,



David Brownstein, M.D.