



Key Points

- Statin drugs have been the biggest moneymakers in history — but are they beneficial?
- Inflammation, not cholesterol, causes atherosclerosis — and the medical community is finally taking notice
- There are natural ways to combat inflammation — find out what they are
- ‘Frankenfoods’ are just as scary as their name
- Discover how genetically modified foods are creeping their way into your home
- An astonishing 2,000 studies have confirmed that mercury negatively impacts the brain

ASK DR. BLAYLOCK

- Supplement purity matters; even kosher gelatin may be at risk for prion disease; help for fatty liver

5 Breakthrough Medical Updates You Need to Know

Throughout the world, researchers and scientists are hard at work trying to unlock the secrets of the human body in an effort to save lives and prolong life — and improve the quality of life as well.

In this regard, there have been many advances. Instead of covering a specific disorder in this month’s newsletter, I have chosen to share with you those that are the most important.

New discoveries occur so fast that it is difficult to keep up, but always bear in mind that staying abreast of breaking medical information could have a major impact on your health and that of your loved ones.

First, though, I know from reader feedback that many of you wonder where I get the information I use in my newsletters. Many readers also wonder why other medical doctors assert there is no scientific evidence that alternative treatments are successful.

Unfortunately, there are just as many, if not more, researchers and scientists working for big pharmaceutical companies, meaning that seeking a quick buck interferes with finding the truth. So, as the saying goes, buyer beware.

Often, too, medical doctors rely on what is told to them by pharmaceutical reps, and others have no time to research alternatives.

I spend much of each day reading articles from peer-reviewed journals, specialty textbooks, and even government-sponsored studies. I regularly scour medical and scientific journals at the medical university library in my hometown. I also network with specialists in different fields from all over the world.

After obtaining this information, I carefully analyze it, always taking into consideration the information’s practical application.

Every year our government and a number of private institutions spend billions of dollars on research, yet a great deal of this research goes unread. Worse, the information gleaned is often never utilized in treating and preventing human disease.

Most doctors never read more than a few articles in popular medical journals, and they almost never read studies of basic science.



This is why they think so-called alternative treatments do not work.

They don't realize that today's alternative treatment often becomes tomorrow's standard of treatment. For example, skeptical physicians seem to forget that the information they use as a basis to prescribe omega-3 oils as a proven preventative for cardiovascular disease, and as a vital component for neurological development in the young, was known over 30 years ago.

For most of that period they were ignorant of the research proving the value of omega-3 oils mainly because the major medical publications rebutted its worth. Now they all sing its praises as a preventative.

The critical question never asked is, How many people died or were crippled because of these physicians' blindness and refusal to objectively examine the science?

We hear a lot about "evidence-based medicine," but just how much of traditional medical practice is evidence-based?

Studies have shown that as little as 30 percent is backed by science — most medical practice is accomplished flying by the seat of the pants. The term "evidence-based medicine" was a ploy to discredit all alternative treatments, since it implies that everything outside traditional medicine is not "evidence-based." The reality is far different.

In fact, most alternative treatments have tremendous scientific evidence for their mode of action. What they often lack is extremely large epidemiological studies, since such studies are prohibitively expensive and the government will not fund well-conducted studies.

The studies that *are* performed are usually led by

physicians with little knowledge of nutrition or by those who are paid by pharmaceutical companies to discredit their competitors — oftentimes the alternative practitioners.

Remember, studies have shown that a number of articles appearing in some of the most prestigious and often-quoted journals have actually been completely written by scientists employed by pharmaceutical companies.

Articles appearing in some of the most prestigious journals have actually been written by scientists employed by pharmaceutical companies.

Respected physicians simply added their names to these articles as if they had written them. Fraud in science, and especially medicine, has become a major problem in the United States.

It is also important to keep in mind who created and designed "orthodox medicine" — primarily the Rockefeller family through its foundations and the foundations it controls, such as the

Carnegie and Ford foundations.

It was through Carnegie Foundation funding and direction that Abraham Flexner defined American medicine and engineered the closing of medical schools that taught nutritional treatments of disease — over 50 percent of medical schools.

It is true that some were nothing more than diploma mills, but many were quality schools.

Because the Rockefellers either owned or controlled most of the major pharmaceutical companies at the time, the surviving, heavily foundation-financed medical schools taught mainly drug treatments for disease.

The Rockefellers also controlled academic appointments and medical teaching through the Rockefeller Institute for Medical Research.

Now that you are armed with this important information, let us examine some of these true breakthrough advances in medicine.

The Statin Epidemic

The statin class of drugs has been the biggest moneymaker in history for the pharmaceutical industry.

The dream of all pharmaceutical company CEOs is developing a drug that people will need to take for a lifetime in order to control their condition. The statin drugs have fulfilled that dream.

But the public has been denied one essential bit of information: The benefits of statin cholesterol-lowering drugs are no better than taking an aspirin a day.

In fact, according to the pharmaceutical industry's own studies, the improvements in reducing heart attack and stroke risk are virtually

the same as following an aspirin regimen.

We also are not being told that the link between elevated cholesterol levels — even LDL-cholesterol — and heart disease, is much weaker than measures of inflammation — especially highly sensitive CRP (hsCRP).

The latest studies show that inflammation is an independent risk factor for heart disease that is much stronger than any measure of cholesterol.¹

I cite a study of two statin drugs, atorvastatin and pravastatin, that was reported in the 2005 issue of *The New England Journal of Medicine*.²

The study found that patients with low hsCRP levels had fewer heart attacks no matter their LDL-cholesterol level, and they had more heart attacks if their hsCRP was elevated regardless of their LDL-cholesterol level.

The same thing has been found for stroke risk. Another recent study, the Pravastatin or Atorvastatin Evaluation and Infection Therapy — Thrombolysis in Myocardial Infarction 22 (PROVE IT-TIMI 22) study, examined patients on high and moderate doses of statin drugs.

The study found that in both groups, there was no difference in the cholesterol levels of those with cerebrovascular event (stroke) and those without. The only difference was the levels of hsCRP — that is, inflammation.

The Inflammation Link

Few physicians who prescribe statin drugs know that the link between elevated cholesterol levels and strokes has never been established, but the link to inflammation is strong and is supported by many laboratory and clinical studies.³

Reported reductions in stroke risk for people taking statins have varied from no statistical reductions (as in the Treating to New Targets or TNT study) to 19 percent to 50 percent shown in the Long-term Intervention with Pravastatin in Ischaemic Disease (LIPID), The Cholesterol and Recurrent Events (CARE), and Myocardial Ischemia Reduction with Aggressive Cholesterol Lowering (MIRACL) studies.

Newer evidence, however, suggests that any reduction in stroke risk is secondary to the anti-inflammatory effects of the drugs instead of their ability to lower cholesterol.

Why is there so much deception? Why won't the

drug manufacturers and physicians who promote statin drugs just change their policy and give statin drugs only to people with increased inflammation?

It all comes down to dollars.

If I make lowering cholesterol my goal — especially a drastic decrease — I can convince doctors that everyone, even children, should take them for a lifetime.

Yet, if I use hsCRP or other measures of inflammation as the criteria for prescribing statins, the drug would not be given to 75 percent to 80 percent of people presently prescribed to them.

That is a massive loss of revenue.

The same situation applies with vaccines.

If you can convince most doctors that vaccines are critical for public health, and better yet, have states pass mandatory vaccine laws, your profits increase enormously.

Here is an analogy: What if the government stated one day that everyone must use Detergent A to wash clothes and that everyone's clothes should be washed every day. That would mean a lot of money for the makers of Detergent A.

Then the experts determine that finding lint in the lint filter is linked to the need to clean clothes — after all, we find lint every time we dry clothes. Still later, they mandate that you should wash your clothes with Detergent A every day even if they are clean.

Alternatives to Statin Drugs

Now that the statin promoters have admitted that inflammation, not elevated cholesterol, is the cause of atherosclerosis, we can examine ways to reduce inflammation in our bodies (and our blood vessels in particular) rather than using statin drugs.

First, we will examine why certain people are chronically inflamed. There are a great number of

Exclusive to Current Subscribers

Current subscribers have instant access to any and every past edition of **The Blaylock Wellness Report**.

Simply go here:

drblaylock.newsmax.com

This month's password is: nutrition

(Please remember to use lowercase letters.)



reasons for chronic inflammation. Most chronic diseases and conditions are associated with chronic inflammation. They include the following:

- Type 2 diabetes
- Metabolic syndrome
- Chronic arthritis
- Autoimmune diseases
- Infectious diseases (especially chronic)
- Abdominal fat
- Aging

High levels of free radicals are always associated with inflammation.

Take diabetes and the metabolic syndrome, for instance. In both conditions, high levels of free radicals and lipid peroxidation products are produced. As these diseases progress, the levels of these destructive particles also rise.

As a result, every blood vessel in the body is saturated with a constant outpouring of free radicals and lipid peroxidation products.

This triggers inflammation in the walls of the blood vessels and oxidizes the fats in the walls of the vessels (mainly the endothelial lining).

The oxidized fats act as an irritant, which causes the immune system to send its immune cells to clean up the harmful fats. Unfortunately, they do even more harm by increasing the number of free radicals and lipid peroxidation products in the walls of the blood vessels.

It is important to remember that the most abundant oxidized fat in these atherosclerotic vessels is not cholesterol but omega-6 fats. In fact, all the unsaturated fats in the walls of the vessels are oxidized, including phospholipids.

What most people do not know is that we eat a ton of oxidized fats.

Studies have shown that diets high in polyunsaturated fats are high in oxidized fats.

Since most American diets are high in omega-6 fats (corn, safflower, sunflower, peanut, and soybean oils), most of these fats are oxidized before we eat them. Canola oil is a deceptive oil, because it contains both omega-3 and omega-6 oils.

Both are highly prone to oxidation, especially if you cook with them.

Scrambled eggs also expose the phospholipids in the eggs to the air, allowing them to oxidize as well. Cooking with curcumin and oils that do not oxidize, or oxidize very little, such as extra virgin coconut oil and extra virgin olive oil, reduces this risk.

But you must also consider all the oils that are used in prepared foods, especially baked foods. All of these oils are high in dangerous oxidized fats.

We also know that the flavonoids in vegetables and many fruits reduce inflammation and neutralize free radicals and lipid peroxidation products. Meats,

especially red meats, contain high levels of absorbable iron, and higher levels of iron trigger massive free-radical generation.

Even people with iron levels on the high side of normal have a higher incidence of heart attacks and strokes. A great number of food additives and environmental toxins add to the problem.

For example, it has been shown that when just a few doses of MSG are fed to animals during infancy, free-radical generation and lipid peroxidation are increased in the lining of the blood vessels — and that lasts until the animal reaches adulthood.

Americans consume tons of MSG and related additives every year. These excitotoxins also reduce the protective antioxidant enzymes in the arteries, something consistently found in atherosclerosis. All of this vital information is completely ignored by the medical profession.

Statin Mania

Based on a flurry of flawed studies, statin-promoting physicians in elite positions are insisting that everyone should be on statin drugs for a lifetime — even suggesting during early childhood. The companies making these drugs have recruited prestigious medical centers to support their products, despite major concerns about efficacy and safety. If you check the conflict of interest declarations on many of these studies, you will see that most of the authors have strong financial ties to the makers of these statin drugs.

Risks Associated With Metal Stents

The metal stents used to open clogged arteries during coronary surgery actually accelerate the recurring blockage of these arteries.

Most patients will suffer a recurrent heart attack within a few years of their surgery because the metal acts as a continuous source of inflammation. Some stents are impregnated with statin drugs to reduce the inflammation.

Recent studies have shown that an older form of surgical treatment that removes plaque from the coronary artery is superior to using stents. So why do cardiovascular surgeons continue to use stents? It is because stents boost the charges allowed by Medicare/Medicaid.

To digress for a moment, I need to discuss how surgery has changed over the past 20 years. Government (that is, the taxpayers) has become the primary payer for medical services, including surgery, and government regulators, in a show of frugality, have denied full payment for routine surgeries.

As a result, surgeons have devised new ways to “pad the bill.” They do this by creating unnecessarily more complex surgeries, especially surgeries that utilize devices such as stents, screws, and plates.

When I practiced neurosurgery, cervical disc surgery was a simple matter. The disc from in front of the spine was removed and a bone graft inserted, or just the disc could be removed, as I did. The latter was cheaper, faster, just as effective, and had fewer complications than the other, more complicated procedure.

Once, a neurosurgeon friend asked to scrub in with me so that he could see how I was doing this simple surgery. He was quite impressed, yet he continued to use the other method of bone grafts taken from his patient’s hip.

I asked him why he was still doing the grafts after seeing the simpler way of doing the surgery. He looked at me with a smile and said, “Medicare/Medicaid cut the reimbursements for my surgery, so by putting in a graft I can charge for two surgeries.”

Well, it got even worse. Now physicians with this mind-set not only put in bone grafts, but also plates and screws, which add significantly to the difficulty of the procedure and to the risks of complications for the patient.

More importantly, it is no more effective than the simpler surgery. But it costs much more.

This is what happens when the government takes over medical care.

Better Ways to Reduce Inflammation

Most doctors do not know that there are better and safer ways to reduce inflammation.

A considerable amount of research has shown that these nutraceuticals can dramatically reduce inflammation:

- Curcumin
- Quercetin
- Hesperidin
- Ellagic acid
- Resveratrol
- Vitamin E and vitamin C combination

In fact, these flavonoids and vitamin combinations have been shown in atherosclerosis studies to be more effective than any statin drug. And unlike the statin drugs, they do not increase your risk of dementia, cancer, confusion, immune suppression, muscle pains, weakness, and your risk of dying. In fact, they greatly reduce this risk.

Curcumin, a flavonoid found in the spice turmeric, has been shown to have powerful anti-inflammatory effects and dramatically reduces the damage from free radicals and lipid peroxidation. In one impressive study of mice that were fed inflammatory fats, curcumin dramatically reduced the buildup of atherosclerotic plaque in their arteries.

The mice had been genetically programmed to develop atherosclerosis. These mice were genetically altered to remove the APOE gene and the LDL receptor (they are called APOE/LDLR double-knockout mice), which makes them so prone to atherosclerosis, they will develop extensive arterial plaques even when fed normal diets. This is the ultimate test.

The mice that were given curcumin, even in relatively low doses, had considerably less plaque than those given the diet alone.

Most statin studies do not use this test because drug manufacturers know the statin drugs will be far less effective than the nutrients.

The metal stents used to open clogged arteries during coronary surgery actually accelerate the recurring blockage of these arteries.



Instead, they quote the ability of their medication to lower cholesterol levels. Researchers also have shown that curcumin prevents other problems common with atherosclerosis, such as smooth muscle proliferation, activation of the inflammatory COX and LOX enzymes, and a buildup of inflammatory immune cytokines. For example, a recent study found that curcumin reduces the release of inflammatory cytokines.⁴ Another found that curcumin dramatically lowered TNF-alpha levels from macrophages, the main immune regulator cell.⁵

What all this means is that curcumin powerfully reduces inflammation, immune overactivation, and smooth muscle overgrowth, all things responsible for the lesions causing heart attacks and strokes.

Resveratrol, like curcumin, also reduces the immune attack within the vessels. The following also improve insulin function:

- Curcumin
- Quercetin
- Hesperidin
- Ellagic acid

Quercetin also inhibits smooth muscle proliferation in arteries and has been shown in experimental studies to dramatically reduce atherosclerosis.

Hesperidin has been shown to play a major role in correcting insulin resistance. In addition, it strengthens blood vessels, reduces inflammation, and prevents blood clots, which is a major cause of sudden coronary artery blockage.

Grapefruits and oranges are high in hesperidin, and it also can be purchased as a supplement.

As I stated in the last two newsletters, your diet is the foundation of your nutritional health.

This is also true in preventing heart attacks and strokes. A high intake of omega-6 fats, trans fats, and red meats greatly increases your risk.

Omega-3 oils, such as DHA with some EPA, significantly reduce your risk of developing cardiovascular disease.

Drinking fluoridated water also increases risk, because it contains high levels of fluoroaluminum, a powerful poison.

New Findings on Abdominal Obesity and Disease

In past newsletters I presented findings that excessive abdominal fat (the fat around your intestines) was associated with chronic inflammation and therefore put you at risk for a number of diseases, including Alzheimer's dementia, metabolic syndrome, Type 2 diabetes, arthritis, heart attacks, strokes, cancer, and accelerated aging.

Initially, it was thought that the fat cells themselves were secreting an excessive number of inflammatory cytokines (called adipokines), such as TNF-*a* and interleukin 1 and 6 (IL-1, IL-6). Newer studies have shown that in fact 90 percent to 95 percent of these inflammatory chemicals are secreted from other cells mixed in the fat.⁶ The main culprits are macrophages, which are a type of white blood cell.

The fat cell itself secretes adiponectin and leptin. Adiponectin reduces inflammation, but the amount produced is greatly reduced when abdominal fat increases.

We also know that the more abdominal fat present, the greater the macrophage infiltration,

and the greater the inflammation.

When IL-6 levels rise, they stimulate the liver to release more of C-reactive protein (CRP) which explains the link to heart attacks and strokes.

One surprising finding was that vaccination with

Take Time for Tea

Tea, both white and green, has proved to be another important nutraceutical for preventing strokes and heart attacks. I prefer white tea because it has lower levels of fluoride and aluminum and higher levels of catechins. Recent studies have shown that tea catechins (including epigallocatechin gallate, epicatechin gallate, and epicatechin) reduce smooth muscle proliferation caused by angiotensin II, a major mechanism in atherosclerosis. Two to three cups of strong white tea a day will provide sufficient protection.

lipopolysacchride (used as a vaccine adjuvant) greatly increased macrophage infiltration of the fat and inflammation.

This can serve as a cautionary note against excessive vaccination.

Exercise, a good diet, white tea extract, and CLA oil all reduce abdominal fat. Food-based excitotoxin additives (such as MSG) greatly increase abdominal fat when eaten early in life.

Scary 'Frankenfoods'

You might have come across the term "frankenfoods," which has a funny connotation but, in fact, is a serious issue.

These are foods made from genetically modified organisms (GMOs). GMOs are foods and food additives that have had a variety of genetic modifications, mainly the insertion of foreign genes. The debate rages as to the safety of these foods. My review indicates that they may be the next big disaster, but unlike most disasters, we may not be able to correct this one.

As major gene researchers often state, you can create genetically modified foods, but you cannot unmake them.

Despite all we now know about genetics, there are a great number of unknowns. For example, we only recently discovered that genes can be turned on and off depending on a great many variables.

These variables include environmental influences, nutrition, and exposure to a number of toxins and viruses.

Regardless of what you are told by the media and the makers of these GMO foods, the genetic modification of foods is a very crude process.

It is almost impossible to insert a single gene into foods. The material inserted contains many DNA contaminants which can have a profound effect on human physiology and pathology.

For example, it was found that a certain type of promoter gene could trigger "sleeping" (dormant) viruses, activate cancer cells, and turn on harmful genes in the cells of animals or people who eat these foods.

Through a process called horizontal gene transfer, the genes from GMO foods can be transferred to

the bacteria in the colon, which can make these bacteria resistant to antibiotics.

It may be that the sudden appearance of antibiotic resistant bacteria, such as the MRSA organism, is the result of widespread GMO food consumption. Some 80 percent of soybeans are now genetically modified. Other foods high on the list include corn and canola.

A number of animal breeders have noted that when they feed their animals GMO corn or other GMO feeds they stop breeding.

When they are switched back to natural corn, they become fertile once again. If this also occurs in humans, it would amount to population control.

Studies have also shown that the genes from food become inserted within the genetic structure of the animals, which means that the farmers will have to pay companies for their own animals.

The result of these genes being inserted within human genes remains to be seen,

but the possibilities are frightening and irreversible.

Most GMO foods have been banned from European countries and much of Africa, but a propaganda surge has arisen promoting the safety of these genetically altered foods.

Recent articles appearing in Forbes magazine and Foreign Affairs promote the safety of GMO foods.

When I read about the construction of a massive natural seed bank dubbed the "doomsday seed vault," I wonder if the elite know something the rest of us do not.

This ultramodern seed bank facility, on Spitsbergen island in the Arctic Ocean near Norway, contains some 3 million varieties of seeds from all over the world.

As major gene researchers often state, you can create genetically modified foods, but you cannot unmake them.

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.

It is funded by the Bill and Melinda Gates Foundation, the Rockefeller Foundation, and the United Nations under a group called Global Crop Diversity Trust (GCDT).

The largest users of the seed bank are Monsanto, DuPont, Syngenta, and Dow Chemical companies, all major players in GMO foods. One characteristic of GMO crops is that they cross-pollinate with

natural plants, forever altering their genetic structure.

Since Monsanto is busy promoting its terminal seed plants, which cannot produce seeds each season as natural plants do, this would give the company complete control of the world's food supply. Whoever controls the food, controls the politics. Food for thought.

New Article Links Autism to Vaccines

I have been studying autism spectrum disorders for a number of years and may have found the scientific evidence linking autism spectrum disorders to vaccines.

In 2003 I published an article in a peer-reviewed journal in which I proposed that the link between the vaccine schedule and autism spectrum disorders was the chronic activation of the brain's special immune system, the microglial, by repeated, closely-spaced vaccination during the brain's most active period of formation — that is, during the first two years after birth.⁷

Two years later an article appeared in the journal *Annals of Neurology* by Dr. Diana Vargas and co-workers from the Neuroimmunopathology Laboratory, Department of Neurology at Johns Hopkins University Medical Center which confirmed my hypothesis.

This was the most extensive and comprehensive study of the autistic brain ever done. In the study they examined the brains of 11 autistic people from age 5 to 44 and found extensive and widespread microglial activation with significant chronic brain inflammation.

In a recently published article in the journal *Current Medicinal Chemistry*, I described my hypothesis in much greater detail, showing that by vaccinating children with a number of closely-spaced vaccines, the brain's microglia were intensely activated.

This triggered the release of a number of inflammatory cytokines, free radicals, lipid peroxidation products,

and excitotoxins that disrupted the brain's development. In my original article, I warned the autism groups not to put all their eggs in one basket and predicted that removing mercury from vaccines would have little impact on the rates of autism, and I explained why.

That is exactly what happened.

A recently released study from Italy found no significant impact of mercury on the child's brain. But the article's premise is flawed, since all the

BLAYLOCK TIP

Stay Away From Trans Fats!

You've heard it before — trans fats are no good for you. But do you know their harmful effects? Here are some of the adverse effects of trans fatty acids:

- Lower HDL cholesterol
- Elevate LDL cholesterol
- Increase lipoprotein(a) [Lp(a)] — a heart attack and stroke risk factor
- Elevate total cholesterol
- Interfere with mother's milk production
- Increase diabetes risk (insulin resistance)
- Impair immunity
- Lower testosterone in males and increase abnormal sperm
- Impair detoxification
- Produce essential fatty acid deficiency
- Increase risk of heart attacks and strokes
- Increase risk of asthma attacks in children

Studies have shown that the amount of these harmful fats in processed foods can be as high as 45 percent of the fat content.

children received mercury, in varying amounts.

In my article, I pointed out a study that found that a lower dose of mercury actually caused greater excitotoxicity than the higher dose.

More than 2,000 studies have found that mercury has serious effects on the brain, especially the developing brain.

We know that aluminum is a major brain toxin as well and is added to most vaccines. What makes the vaccines so dangerous is that a large number of them are given together and at close intervals.

Aluminum, Mercury in Vaccines

According to the recommended vaccine schedule approved by the Centers for Disease Control (CDC) and the American Academy of Pediatrics, mothers are advised to get a mercury-containing flu shot during pregnancy.

This activates the microglia in the fetal brain, a process called priming. At birth, babies get a hepatitis B vaccine. This causes a massive overreaction of the brain's microglia, producing brain inflammation and excitotoxicity.

Then, at 2 months of age, children get six vaccines during one office visit.

This exposes them to six doses of powerful immune adjuvant as well as six doses of neurotoxic aluminum.

Two months later, they receive five vaccines. By the age of 1 children receive 26 vaccines, which also means that they receive 26 doses of powerful

immune adjuvants and 26 doses of neurotoxic aluminum — all during the brain's most critical period of developing pathways.

Studies have clearly shown that the level of glutamate (an excitotoxin) and inflammatory cytokines is critical during brain formation.

The sad fact is that pediatricians know nothing of this mechanism. They have no clue as to how the brain develops and the interactions between repeated vaccination and brain inflammation.

With 1 out of every 150 children born suffering from one of the autism spectrum disorders, including 1 out of every 69 male births, you

would think they would start to pay attention. Unfortunately, the pharmaceutical vaccine manufacturers have an enormous influence on the American Academy of Pediatrics and strongly influence vaccine policy.

You can read the pre-publication edition of my article on my Web site (www.russellblaylockmd.com).⁸ I have also published a three-part series of articles on the mechanism of vaccines and autism in the journal *Alternative Therapies in Health and Medicine*.^{9,10}

One final note: Recent studies indicate that one of the important contributing factors in autism is a deficiency in vitamin D-3. Some of the changes in the autistic brain resemble a deficiency in this immune-regulating vitamin.

If a mother is deficient in vitamin D-3 during her pregnancy, the baby will also be born deficient. This could make the baby's brain more susceptible to microglial activation by the vaccines.

Unfortunately, pharmaceutical vaccine manufacturers have an enormous influence on the American Academy of Pediatrics and strongly influence vaccine policy.

Vitamin May Prevent Alzheimer's Disease

Niacinamide (also known as nicotinamide) is the functional vitamin form of niacin, and it plays a major role in a number of biochemical reactions in the body, including DNA repair and the synthesis and production of energy by cells.

A significant amount of research shows that this vitamin improves recovery from strokes and other vascular conditions of the brain.

A new study tested niacinamide on mice that were genetically prone to develop Alzheimer's-

like changes in their brains as well as behavioral dementia. Researchers found that the niacinamide prevented changes associated with dementia and also restored normal brain function.¹¹

This is a major finding.

Previous studies found that niacinamide also produced dramatic improvements in cognitive brain function following head injuries, even if given four hours after the injury.

Another recent study found that niacinamide



also strongly protected against Parkinson's disease in animal models of the disease.

I hope this roundup of recent medical advances will help you, your family, and your friends. Of

course, I will continue to keep an eye on these advances, and will also endeavor to keep you up-to-date on breaking medical information as it becomes available.

References

1. Elkind, M.S., "Inflammation, atherosclerosis, and stroke," *Neurologist* 2006; 12: 140-8.
2. Ridker, P.M., et al., "C-reactive protein levels and outcomes after statin therapy," *New Eng J Med* 2005; 352: 20-8.
3. Parnetti, L., et al. "Stroke prevention and statin treatment," *Clin Exp Hypertens* 2006; 28: 335-44.
4. Yuan, H.Y., et al., "Curcumin inhibits cellular cholesterol accumulation by regulating SREBP-1/caveolin-1 signaling pathway in vascular smooth muscle cells," *Acta Pharmacol Sin* 2008; 29: 555-63.
5. Quiles, J.L., et al., "Curcuma longa extract supplementation reduces oxidative stress and attenuates aortic fatty streak development in rabbits," *Arterioscler Thromb Vasc Biol* 2002; 22: 1225-31.
6. Fain, J.N., Bahouth, S.W., Madan, A.K., "TNFalpha release by the nonfat cells of human adipose tissue," *Int J Obes Relat Metab Disord* 2004; 28: 616-22.
7. Blaylock, R.L., "Interaction of cytokines, excitotoxins, and reactive nitrogen and oxygen species in autism spectrum disorders," *JANA* 2003; 6: 21-35.
8. Blaylock, R.L., Strunecka, A., "Immune Glutamatergic dysfunction as a central mechanism of the autism spectrum disorders," *Curr Med Chem* 2009; 16: 157-170.
9. Blaylock, R.L., "A possible central mechanism in autism spectrum disorders, Part I," *ATHM* 2008; 14: 46-53.
10. Blaylock, R.L., "A possible central mechanism in autism spectrum disorders, Part 2 Immunoexcitotoxicity," *ATHM* 2009; 15: 60-67.
11. Green, K.N., et al., "Nicotinamide restores cognition in Alzheimer's disease transgenic mice via a mechanism involving sirtuin inhibition and selective reduction of Thr231-phosphotau," *J Neurosci* 2008; 28: 11500-10.

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.

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.

Q: I cannot take fish oil supplements because they cause acne breakouts. I've found a brand that is algae-based and uses flaxseed oil but also contains soy lecithin. Is this a good alternative to fish oil?

— Robin G., Pensacola, Fla.

A: Your problem may be caused by the impurities in the supplement you are using. Highly purified supplements remove virtually all of the contaminants, including mercury and pesticide residues. Take pure DHA supplements, since they are derived from algae. (DHA is the component of fish oil that has most of the beneficial effects and the fewest complications.)

Flaxseed oil is an omega-3 oil, but it must be metabolized by special enzymes to form EPA and DHA. The very young, the elderly, and those with chronic illness have a deficiency in these enzymes. In these cases, a high intake of flaxseed oil can be harmful. Even healthy, young people have difficulty converting flaxseed to the beneficial oils. Lecithins from soy are less of a problem since most of soy contaminants, such as the high manganese and fluoride, as well as the isoflavones, are removed.

Q: Your February Wellness Report says not to ingest gelatin because of potential prion disease. Would kosher products be a better source since as they undergo rigorous testing? Would chicken broth/bones be a better form of gelatin?

— Jackie A., Carlsbad, Calif.

A: Gelatin from cattle is a potential danger even in kosher brands because, as far as I know, they are not tested for prions. Most studies have shown that gelatin products made from cattle are high-risk. Any product made from ribs, bones, and other tissues containing nerve tissue, or located adjacent to it, is a high-risk product. All broths also contain high levels

of glutamate, which is a powerful excitotoxin. Find products that use fish gelatin or vegetable gelatin.

Q: Have you ever heard of a “fatty” liver?

— George L., Springfield, Ill.

A: A fatty liver is caused by prolonged exposure to toxins or from acute exposure if intense. In most cases it results from alcohol abuse, but it can be caused from exposure to a number of toxins such as carbon tetrachloride and some viruses. It is an indication that the liver cells are no longer functioning adequately. The danger of the fat is that it acts as a source of constant inflammation, which can lead to total liver failure or even liver cancer. There are a number of ways to restore the liver's function and remove the fatty deposits.

The most important liver nutrients include taurine, choline, high-dose vitamin B-1, riboflavin, and niacinamide. The other B vitamins should be in moderate concentrations. Alpha-lipoic acid, L-carnitine, green tea extract, vitamin E (natural form), ascorbate, indole-3 carbinol, and mixed carotenoids all improve liver function. Branched chain amino acids also improve healing and avoid the problem of ammonia buildup.

Avoid alcohol, exposure to pesticides and industrial chemicals, and high intake of omega-6 oils. All food-based excitotoxin additives should be avoided as well. Magnesium is also important to reduce inflammation and raise glutathione levels.

Q: Are there supplements that might alleviate tremors from Parkinson's disease?

— Richard A., Longview, Texas

A: New studies, using animal models of Parkinson's disease (PD), indicate that several nutraceuticals may slow or even reverse the disease.



As stated in the Alzheimer's update in this issue, the vitamin nicotinamide (niacinamide) has been shown to dramatically protect against induced Parkinson's disease in animals. A 1,000-milligram dose of niacinamide three times a day would be reasonable.

To treat such diseases, we must understand their cause. The strongest link to PD is exposure to certain pesticides and herbicides. People with defective detoxification systems are more susceptible. Exposure to very small doses of pesticides can cause full-blown PD in such people.

Recent studies show that the pesticides activate microglia in the midbrain, the site of the damage. This precipitates a cascade of energy loss (mitochondrial dysfunction), excitotoxicity, free radical and lipid peroxidation accumulation, and immune-triggered inflammation. Reducing these events improves symptoms. Curcumin, silymarin, niacinamide, riboflavin, thiamine, and DHA reduce microglial activation and improve energy generation.

Vitamin C (as ascorbate) and natural vitamin E (Unique-E) reduce oxidant damage. Green tea extract, resveratrol, ellagic acid, alpha-lipoic acid, N-acetyl-L-cysteine (NAC), and CoQ10 also play a major role in protection.

Avoiding exposure to pesticides is absolutely vital. One should also avoid all excitotoxin food additives, fluoride, mercury, and lead exposure.

Q: Are there supplements for a 19-year-old who has nighttime sleeping seizures?

— Linda C., Lynchburg, Va.

A: Since seizures often occur during sleep, they are frequently not diagnosed. There are many newer observations concerning seizures that can offer new ways to control them. One of the links most often

overlooked by physicians and even neurologists is hypoglycemia. We know that, in healthy people, dropping the blood sugar rapidly can precipitate a seizure, and those prone to seizures are much more sensitive to hypoglycemia.

Studies have shown that a buildup of the excitotoxin glutamate in the brain triggers the majority of seizures, and most of the newer antiseizure medications block glutamate receptors in the brain. When blood sugar falls, brain glutamate levels rise. So, avoid sugar and high glycemic foods, especially around bedtime. Potato chips are a major culprit, especially those with excitotoxin additives, like MSG. Magnesium plays a major role in regulating glutamate receptors and has been shown to reduce seizure risk. Take the magnesium three times a day. The last dose should be made by mixing 500 milligrams of magnesium citrate/malate with 4 ounces of water. This allows rapid absorption and promotes good blood levels.

Another anti-seizure supplement is L-carnosine, a natural compound that suppresses seizures triggered by excitotoxins. It also protects the brain. The dose is 500 milligrams three times a day, to be taken 30 minutes before each meal.

DHA, which promotes brain development and repair, has been shown to reduce seizures as well. The dose is 1,000 milligrams a day. Omega-6 oils increase the incidence of seizures, so they should be avoided as much as possible. It has also been shown that all antioxidants reduce seizures, especially if used in combination. Vitamin B-6 (as pyridoxal 5-phosphate) reduces brain glutamate levels and can reduce seizure risk. The dose is 25 milligrams to 30 milligrams a day. Melatonin (time-released form) is another nutrient that helps: Take 3 milligrams to 9 milligrams 30 minutes before bedtime.