



Key Points

- Despite the government's 'war on cancer,' cancer rates haven't budged
- Inflammation is the key to understanding cancer
- Cancer cells are almost completely dependent on glucose for survival
- Cancer cells do not behave like other cells — find out what nutrients can 'teach' them to do so
- Environmental factors play a key role in cancer — protect yourself

PLUS

- Vaccine scare stories in the news
- Illegal drugs-crime connection
- Food choices critical to prevent disease

ASK DR. BLAYLOCK

- Help for restless leg syndrome; dangers for stop-smoking aids; help for renal failure

The Great Cancer Lie It Is Preventable and Beatable

Cancer. It's one of the few words in the English language that can invoke fear and dread in the hearts and minds of anyone unfortunate enough to have to hear it.

Cancer doesn't discriminate — it strikes every race, creed, and color, rich and poor. We all fear this terrible disease, and most of us have loved ones or friends who have battled cancer and, often, died from it. It seems headlines bring news every day of another famous personality falling victim.

In the 1960s, the government declared war on cancer. As is the case with most government programs, the answer was to throw a lot of taxpayer money at the problem.

Yet, after 40 years and tens of billions of dollars spent in the "war" on cancer, death rates from the most common cancers haven't budged.

In fact, people whose cancers already have spread to other parts of the body (the term is "metastasized") die in numbers just as high as 50 years ago. And the truth is, unfortunately, most cancers do spread by the time they are diagnosed.

Until recently, cancer researchers had found few answers as to the origin of cancer and why it was so hard to prevent and cure. In the shadows of this orthodoxy, a number of brilliant men and women were looking at cancer in a different way and making some real headway, not only in preventing it, but in treating some of the most advanced cases.

Over the past 20 years, this once-shunned knowledge has slowly become more and more mainstream as scientists began to uncover an intimate relationship between cancer prevention and treatment, diet, and the use of special nutraceutical supplements.

Today, medical and research journals that deal with cancer are filled with studies confirming what these "alternative" thinkers have been saying all along: Inflammation is the key to understanding cancer.

Such a shift in thought shouldn't be surprising. It has been noted by medical historians, in fact, that discoveries are rarely new. Rather, they are re-discoveries of things said many years before and either forgotten or discounted. For example, the cause of yellow fever was not found by Dr. Walter Reed, as is commonly taught,



but rather by a mutton-chopped, alcoholic general practitioner living in Cuba who years before observed that mosquitoes transmitted the infection.

Similarly, it was a 19th century German pathologist, Dr. Rudolf Virchow, who first proposed that cancer is caused by chronic irritation and injury. His theory was based on the fact that many cancers arose from sites of chronic irritation, such as bladder infections with a parasite known as *Schistosoma haematobium*, which is known to be a major cause of bladder cancer.

Likewise, others have linked cancers to tuberculosis scars in the lungs, an assortment of viruses, exposure to certain chemicals, and even bacteria in the stomach.

There is growing evidence among scientists that cancers arise as the result of chronic, low-grade inflammation that exists over decades.

This explains the link between various illnesses and cancers:

- Hepatitis B virus and liver cancer
- *Helicobacter pylori* infection of the stomach and stomach cancers
- Ulcerative colitis and Crohn's disease and cancer of the colon and rectum

What Is Cancer?

Most cells in the body divide between 50 and 60 times and then die. This phenomenon is called the Hayflick limit. But cancer cells can divide forever and are immortal, unless purposefully killed.

Cancer cells are different from normal cells in other ways. First, they have severely damaged chromosomes (a condition called aneuploidy), damage that results in the duplication or loss of thousands of genes. Previously, cancer researchers thought only a few critical genes were involved.

Cancer cells have a different metabolism than normal cells. Unlike normal cells that can use a number of fuels, cancer cells are almost completely dependent on glucose for survival.

Cancer cells also secrete a number of inflammatory chemicals called cytokines, and many secrete an amino acid called glutamate.

Cancer Stem Cells: The Real Culprit?

Over the years, scientists have discovered that millions of very primitive cells called stem cells exist in the body. These are embryonic cells that

have never matured. They remain dormant, waiting for a call to be used in repairing injured body tissues. Recently, for instance, neuroscientists discovered stem cells in the brain that can replace damaged brain cells, even late in life.

The stem cells are as vulnerable to free-radical damage as other cells in the body.

Sometimes the damage is extensive, resulting in scrambled chromosomes. These damaged cells can spring to life but, unlike normal stem cells, they become rogues. They begin dividing in mass numbers and produce new cells like a kid's bubble blower makes bubbles — the beginning of a tumor. These new cells are slightly better developed than stem cells and resemble, in a crude way, the cells found in normal tissue.

Most people think of a tumor as a ball of rapidly dividing, undifferentiated cells. In fact, a tumor more often looks like a primitive, and very bizarre, gland. Newer studies have shown that cancer stem cells are essential for tumor growth, as I outlined in last month's newsletter, "Vitamin D's Hidden Role in Your Health" (September 2008). The tumor consists of only about 1 percent to 3 percent cancer stem cells. In essence, these stem cells generate the developing cancer.

Inflammation Is Key to Cancer Growth

Scientists and doctors for a number of years have noticed a strong connection between inflammation and cancer.

For example, it is now known that people with inflammatory bowel diseases, such as Crohn's disease and ulcerative colitis, have a much higher incidence of colon polyps and colorectal cancer than the general population.

Children who develop these diseases have a much higher risk because they have the inflammation longer. In fact, 40 percent of children who develop extensive ulcerative colitis before the age of 15 will develop colon cancer within 20 years.

Cancer of the distal esophagus is associated with reflux esophagitis, a condition that is becoming more common. While following these patients over a period of years, doctors have noted a slow transition from precancerous lesions to full-blown cancer. Since 1970, the incidence of

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adenocarcinoma of the esophagus (esophagus cancer) has increased faster than any other cancer in the United States.

Bacterial infections, if prolonged, also can induce cancer. The organism responsible for stomach ulcers, *Helicobacter pylori*, is strongly associated with gastric carcinoma and a rare form of lymphoma of the stomach (mucosa-associated lymphoid tissue, or MALT, lymphoma). There is a slow transition from chronic atrophic gastritis, to precancerous changes, to full-blown cancer in infected individuals.

Other bacteria, such as *Chlamydia*, can cause cancer of the cervix. *Chlamydia* is the most common sexually transmitted disease in the United States. This is another reason to avoid the human papillomavirus (HPV) vaccine, since any infection of the cervix, including a mild one induced by a vaccine, can cause cervical cancer.

In some regions, parasitic infections are a common cause of cancer.

The *Schistosoma haematobium* parasite (called a fluke), which lives in the bladder, is one of the most common causes of cancer in Egypt. The parasite deposits its eggs in the wall of the bladder, which leads to chronic irritation and inflammation. Liver cancer (cholangiocarcinoma) can be caused by liver flukes that infest bile ducts.

Certain viruses also cause cancer:

- Hepatitis B and C viruses are associated with a higher incidence of liver cancer.
- Human papillomavirus is associated with cervical cancer.
- Recurrent pancreatitis is associated with high rates of pancreatic cancer.
- Gallstones are associated with gallbladder cancer.

None of the viruses directly causes cancer. Rather, the viruses induce chronic inflammation which leads to cancer. Block the inflammation, and cancer rates fall precipitously, even if the virus is not cured.

Environmental factors play a role as well: Certain herbicides are associated with multiple myeloma, and radiation is related to a number of cancers, especially leukemia and lymphoma.

All of these different causes and forms of cancer are linked by one thing — inflammation. So, how can inflammation induce cancer? Inflammation is part of the wound healing process (some cancer researchers refer to cancer as the “wound that never heals”).

This is because the very same inflammatory mechanisms that are used by the immune system to heal wounds also promote cancer development and growth.

The healing of wounds involves the mobilization of white blood cells, stimulation of cell growth, and the development of new blood vessels, a process called angiogenesis. The same processes are essential to the growth of cancer.

In fact, tumor cells produce more inflammatory chemicals (cytokines) than any other tissue, except lymphocytes. Studies of advanced tumors find that they are smoldering sites of intense inflammation and that the degree of inflammation determines the prognosis — the more inflammation, the poorer the outlook for recovery.

Inflammation and the Prognosis of Cancers

Shortly after observing that inflammation and cancer were linked, some scientists concluded

Cancer: When Cell Communication Goes Haywire

Unlike normal cells, cancer cells seem to have a mind of their own and refuse to take orders from their neighbors. Normal cells are in constant communication with each other in order to prevent abnormal growth and invasion. Loss of cell communication is one of the earliest events in cancer conversion. Interestingly, normal, healthy cell communication is dependent on a number of nutrients, such as the carotenoids and DHA.

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This month's password is: care

(Please remember to use lower-case letters.)

that inflammation was just a natural reaction to a foreign tissue. That is to say, it was the body's attempt to rid itself of the cancer, a point that has some merit. In many cases it may succeed.

Yet in far too many cases, inflammation appears instead to be the cause of the cancer, and drives the cancer to spread until it becomes incurable. Evidence for this view is growing.

In one study, researchers found that 65 percent to 70 percent of people who eventually developed cancer had a chronic inflammatory disease for about 15 years. In many cases, the inflammation is too subtle to be picked up by the doctor.

We call these subclinical inflammations. In a majority of cases, obvious inflammatory conditions have been present for decades. For example, one might have chronic prostatitis for 15-20 years before prostate cancer develops, or one could have an inflamed cervix for years before cervical cancer arises.

Most cancer researchers believe the most common link to cancer is age. The older we get, the more likely we are to develop a cancer.

One of the puzzles of cancer research is why it takes so long for a cancer to develop. Some take 20 years after exposure to known cancer-causing chemicals. The link is chronic inflammation.

As we age, our bodies become more inflamed. In some people the inflammation is quite high, and those with the greatest inflammation are at the greatest risk of cancer.

The same is true of cardiovascular disease — those with the greatest amount of inflammation in their bodies are the most likely to develop heart problems. Neither cardiovascular disease nor cancer develops overnight.

There is compelling evidence that the chromosomal damage seen in cancer stem cells results from exposure to a prolonged or repeated barrage of free radicals. Scientists estimate that we are exposed to tons of free radicals in a lifetime.

Every time we get sick with a virus or bacteria, we generate storms of free radicals. The same is true when we are exposed to environmental factors:

- Pesticides
- Herbicides
- Industrial chemicals
- Certain toxic metals
- Prolonged stress

We also know that many chronic diseases, such as diabetes, autoimmune diseases, and arthritis, are associated with the intense generation of free radicals.

In each case, this barrage of free radicals chips away at the chromosomes, and much of the damage is not repaired by our DNA repair enzymes. The damage accumulates over decades, and eventually produces the gross chromosomal damage we associate with cancer. This is why it takes so long for cancer to develop.

We know that people with malfunctioning DNA repair systems, as with the BRCA1 and BRCA2 gene

mutations, that are associated with breast cancer risk, have a much higher incidence of cancer than people with healthy DNA repair systems.

This is important to know because we can improve our DNA repair ability through diet and a few supplements, such as these:

- Folic acid
- Vitamin B-12
- Vitamin B-6
- Niacinamide

You may have heard that anti-inflammatory medications such as NSAIDs and aspirin can reduce the risk of certain cancers, such as colon and breast cancer, and that they can also slow the growth and spread of cancers that already exist. This is a very hot area of research.

We now know that many of the inflammatory chemicals (called cytokines) are not only markers for aggressive cancers but actually are responsible for making them aggressive. The irony is that a number of chemotherapy agents actually increase

How Cancer Does Its Ugly Work

Localized cancers, ones that do not spread to other parts of the body, rarely kill. Cancer kills because of metastasis, the spread of cancer throughout other parts of the body, which occurs in nine out of 10 cases. In fact, at the time of diagnosis, 76 percent of lung cancers, 55 percent of colorectal cancers and 37 percent of breast cancers have already spread. As a neurosurgeon, I was often the first person to diagnose a cancer because so many spread to the nervous system first.

inflammation and generate free radicals. Cancer researchers admit that, based on these new discoveries, conventional cancer treatments have little chance of success against both the most common cancers and the most advanced cancers.

Many inflammatory chemicals act as growth factors — they actually “fertilize” the cancer.

For example, men with prostate cancer who have higher levels of inflammatory chemicals have a poorer prognosis than those with lower levels.

This is also true with breast, colon, lung, and ovarian cancers.

Researchers have shown that injecting inflammatory substances, such as carrageenan (a common food thickener), near a tumor will cause it to grow very rapidly and invade surrounding tissues, that is, metastasize. Even very diluted concentrations of carrageenan can do this.

Inflammation also explains the high rate of cancer in diabetics, since they have a progressive increase in inflammation over time, especially if their diabetes is poorly controlled. Diabetic cancer patients also have a much poorer prognosis than non-diabetic patients.

A review of 97 studies demonstrated that the higher the intake of omega-6 oils, the more likely cancers were to quickly grow and spread. They also found that obese women who ate the most omega-6 oils (found in soybean, sunflower, corn, and safflower oils) had the worst prognosis from their breast cancer and had more advanced cancers at the time of diagnosis.

It is known that diets high in omega-6 oils increase estradiol production of fat cells and this can drive estrogen-sensitive cancer cells. Omega-6 oils are also major generators of inflammation in the body.

Similarly, a study of 217 men found that those on high omega-6 diets (the typical Western diet) had more prostate cancers and their cancers were more advanced than in those men whose diets were lower in omega-6 oils.

Inflammation and Angiogenesis

Cancer works much like the way the human body heals its own wounds.

When a wound is healing, the body activates the inflammatory system to increase the blood supply to the wounded area. You may recall the red or

pink scar that develops early after a wound. This pink scar is filled with newly formed small blood vessels that bring nutrients and repair supplies to the area.

Cancer does the same thing.

In fact, cancers can grow so fast that they literally outgrow their blood supply, which can cause them to die. Recent studies have shown that cancers begin to grow new blood vessels after only a few cancer cells have developed.

This process of growing new blood vessels from existing blood vessels is called angiogenesis. Cancer researchers are searching for drugs that can block angiogenesis. Since early results indicate that this method is very successful in killing cancers.

Although many things can stimulate cancer angiogenesis, the most important is omega-6 fats. By stimulating the generation of inflammatory prostaglandin, these fats powerfully stimulate angiogenesis, thereby greatly increasing the likelihood of a tumor spreading throughout the body.

One way NSAIDs and aspirin inhibit tumor growth is by blocking COX enzymes, which turn omega-6 fats into inflammatory prostaglandins. Since inflammation promotes angiogenesis, you can reduce it by eliminating these oils from your diet.

How can you reduce angiogenesis?

Omega-3 oils, especially the DHA component of fish oils, reduce angiogenesis.

The plant flavonoids luteolin and apigenin, which are found in high concentrations in artichokes and celery, inhibit angiogenesis.

Curcumin, quercetin, and hesperidin also inhibit angiogenesis and are available as supplements.

Nicotine from cigarettes has been shown to greatly stimulate angiogenesis and cancer growth and invasion.

This is also true of nicotine patches used to help people stop smoking. Nicotine from all sources should be avoided by all cancer patients, even that from secondhand smoke.

Why Cancer Kills

Ironic as it seems, for many years cancer specialists had no idea why cancer killed patients. In some cases, major blood vessels were blocked by the tumor, or the heart was compressed. In most cases, though, the cause defied explanation. Then

researchers concluded that death was caused by starvation; that is, the cancer was stealing nutrients from the rest of the body and the patients literally starved to death. Most have seen the emaciated condition of terminal cancer patients. They look like people found in Stalin's gulag.

Armed with this new knowledge, doctors were still hesitant to feed the patients higher levels of nutrients, fearing it would also feed the cancer and make it grow faster. Finally, a few intrepid researchers tried high-nutrition feeding of terminal cancer patients and discovered two things.

One, they lived longer and two, their tumors did not grow any faster. A great number of studies have confirmed this finding.

Yet, animal studies found that certain nutrients could make tumors grow faster and make them more likely to metastasize. These nutrients included processed sugars and omega-6 oils. In fact, in some animals with transplanted human tumors, the tumors do not metastasize unless the animals are fed corn oil, an omega-6 oil.

The same was found with cancer-causing chemicals. Injecting rats with cancer-causing chemicals of low potency normally produces only a few tumors. Add corn oil to their diet and the rats develop huge numbers of cancers.

When tumors spread all over the body, they form a huge volume of energy-consuming tissue (called tumor volume). Remember, cancer can use only one fuel — sugar. This is why feeding cancer patients other foods do not cause the tumors to grow faster.

I checked the diets being recommended by a number of cancer centers. To my astonishment, I found that they were recommending that their cancer patients eat doughnuts, cakes, pies, cheesecake, breads and a number of other sources of refined sugar. I remember in one instance, a cancer patient told me she was told her to eat anything she wanted . . . and that the important thing was not to lose weight. Incredible!

Glutamate, a Powerful Stimulant for Cancer Growth

In 1994, I wrote a book entitled "Excitotoxins: The Taste That Kills," on the harmful effects glutamate and aspartame additives cause to the brain. (For more information, go to my Web site

www.russellblaylockmd.com.) Since then, scientists have discovered that glutamate receptors, the site where glutamate interacts with the cell, are found on most tissues in the body. A great number of these receptors are found with some cancers.

Of major concern was the discovery that stimulating these receptors can make many common cancers grow much faster, become highly invasive, and much more deadly. This was first discovered with brain cancers (glioblastoma multiforme).

When these tumors secreted a lot of glutamate, they grew 14 times faster than those that didn't. Adding glutamate to the tumors made them suddenly invade the surrounding brain.

We now know that breast, prostate, melanoma, colorectal, lung, ovarian, rhabdomyosarcoma, pancreatic, and head and neck cancers all have glutamate receptors. Stimulating these receptors causes tumors to grow and invade surrounding tissue. A study of squamous carcinoma of the head and neck found that patients who had tumors with abundant glutamate receptors had the largest tumors, the fastest-growing tumors, and the poorest prognosis.

Melanomas are also very sensitive to glutamate. These cancerous tumors secrete high levels of glutamate, and adding glutamate makes them metastasize. Interestingly, blocking the melanoma's glutamate receptors slowed their growth and prevented metastasis.

Combining glutamate receptor-blocking drugs with conventional chemotherapy dramatically improved the chemotherapy's effectiveness. This is true of many types of cancer.

The presence of certain types of glutamate receptors can even make some tumors, such as colon cancer, resistant to treatment. Blocking the glutamate receptors, however, can suddenly make the resistant cancer sensitive to chemotherapy.

The irony here is that glutamate additives are common in our foods. Processed foods frequently have several forms of glutamate additives added in high concentrations. Why? They are only used because they enhance the taste of foods.

No one is telling cancer patients that these additives enhance the growth of their cancers, interfere with conventional treatments, and stimulate tumor invasion and metastasis:

- MSG
- Hydrolyzed proteins
- Soy proteins
- Soy isolates
- Natural flavoring
- Autolyzed yeast
- Caseinate
- Stock
- Broth

In fact, these types of additives can make their cancers incurable.

Glutamate additives are known to trigger inflammation and activate all of the inflammatory signals in a number of tissues.

Studies confirm that a few doses of MSG can increase free radical generation and inflammation that can last decades, especially if given early in life to infants and toddlers.

Predicting Metastasis

One thing we have gained from the war on cancer is a greater understanding of how cancers operate on a molecular level and how they differ from normal cells.

Despite what you may have learned in high school or college science courses, the cell is not a simple entity.

Instead, it is a collection of extremely complex systems and thousands of biochemical and cell-signaling components. Often we visualize the cell as a static structure, like a television set or CD player. In reality, it is constantly changing in a thousand ways, even down to its physical structure.

Among these thousands of signaling molecules are a number of enzymes that control cancer growth and invasion of normal tissues (metastasis). One of these enzymes is tyrosine kinase, which is vital to cancer invasion.

Inflammation greatly increases the activity of this enzyme, and reducing inflammation reduces tyrosine kinase activity and hence reduces the spread of cancer.

A number of natural products can suppress this cancer enzyme, including quercetin, luteolin, apigenin, curcumin and kaempferol. All are found in vegetables, and many can be purchased as supplement extracts.

The enzyme ornithine decarboxylase is also related to cancer growth. It increases in activity more than 100 times in cancerous tumors. MSG dramatically increases the action of this enzyme and may play a role in cancer promotion. Epigallocatechin gallate, or EGCG (white tea extract), apigenin (celery), retinoids, curcumin (turmeric), and isothiocyanates (broccoli) inhibit this enzyme.

These same flavonoids and many other nutrient supplements suppress a number of cancer-dependent enzymes.

A group of enzymes called metalloproteinase-2 and -9 (abbreviated MMP-2 and MMP-9) dissolves the protective connective tissue that normally confines cancers so that they cannot spread to neighboring tissues or organs. For example, breast cancers that are confined within the breast duct connective tissue (carcinoma in situ) do not kill.

Highly invasive cancers, such as melanomas, carcinomas, fibrosarcomas and lymphomas, have extremely high levels of MMP-2 and MMP-9. Women with high levels of MMP-2 in their primary tumor have a higher rate of cancer recurrence and a shorter survival time. This explains cases of women who have very small tumors but the cancer already has spread to their lymph nodes.

Fortunately, we know things that cause high levels of MMPs and ways to reduce them. Diets high in omega-6 fats increase MMP activity, but a number of nutrients such as curcumin, resveratrol, luteolin (artichoke extract), and quercetin suppress MMP-2 and MMP-9.

Drink Your Vegetables!

The best way to maximize your intake of the anti-cancer nutrients is to blenderize your vegetables and drink them each day. The most potent anticancer vegetables include:

- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Greens (mustard collard, turnip)
- Kale
- Parsley
- Spinach

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.

Preventing Inflammation

The good news is that many food extracts, vitamins, and some minerals suppress these cancer-fueling substances. The following supplements are great for combating cancers:

- Resveratrol
- Quercetin
- Curcumin
- Ellagic acid
- Hesperidin
- Magnesium
- Selenium
- Vitamins C and E
- Anthocyanidins (grape seed extract)
- Ferulic acid
- Boswellia
- Aged garlic extract

All are available as supplements in highly purified forms. These substances are powerful antioxidants and they suppress cancer growth and invasion.

One of the major sources of inflammation in people living in developed countries is a high consumption of foods and drinks that promote inflammation. At the top of the list are omega-6 fats and oils (vegetable oils), refined sugars, high-fructose corn syrup and processed foods of all types.

The common vegetable oils, which include corn, safflower, sunflower, peanut, canola and soybean, all promote inflammation and have been shown to encourage the development, growth, and spread of cancer. Americans eat 50 times more of these oils than needed for good health.

Food additives can promote cancer development, growth and spread. These include nitrites, MSG, other sources of glutamate and aspartate, and carrageenan, a very powerful inflammatory substance commonly added to foods.

Nitrites in foods (high amounts are found in processed meats, such as bacon and cold cuts) have been identified as cancer promoters for more than half a century.

In the stomach, they are converted to potent carcinogens called nitrosoamines. High nitrite consumption by children has been associated with childhood brain cancers.

Vitamin C suppresses the ability of nitrates to form cancer-causing compounds. Even more protective is caffeic acid (found in plums, apples,

and blueberries) and ferulic acid (found in most fruits). The most powerful protection comes from ellagic acid, which is found in high concentrations in walnuts and pomegranate extract. These anticancer food extracts can also be purchased as concentrates. All are powerful anti-inflammatories and antioxidants and they inhibit the function of cancer cells.

This might explain why children who eat no fruits early in life have a 430 percent increase in brain cancer. It is also known that the children of women who took supplements containing folate, B-12, and vitamin C during their pregnancy have the lowest incidence of brain cancer.

A new study found that high doses of intravenous vitamin C (much higher than could be taken by mouth) caused a 50 percent shrinkage of certain tumors in people. A number of alternative medical clinics have been getting good results using this method to treat patients with advanced cancer.

Critical to any plan to combat advanced cancers or prevent cancer recurrence is to change one's diet from the typical Western diet high in omega-6 oils, processed sugars and heavy red meats to one high in nutrient dense vegetables, some fruits, purified water, some whole grains and lighter meats, like chicken and turkey.

Eating at least 10 servings of nutrient-dense vegetables is essential. These vegetables contain high concentrations of cancer-inhibiting flavonoids, minerals, and vitamins.

Fluoride, mercury, lead, cadmium, pesticides and herbicides, and daily stress all encourage the development, growth, and spread of cancer. Fluoride has been shown to increase cancer rates 10 percent in two large studies and in a number of lab experiments. Excess iron also promotes cancer development and especially the growth and spread of existing cancers.

The most potent anticancer vegetables include broccoli, Brussels sprouts, cauliflower, celery, and greens (mustard, collard, and turnip) and garlic. They should be blenderized for maximum potency.

Because kale, broccoli and Brussels sprouts can contain chemicals that inhibit the thyroid gland in their raw state, I suggest steaming them before blenderizing to neutralize the chemicals.

The most powerful antioxidants and inhibitors of inflammation include the following:

- Curcumin
- Quercetin
- Hesperidin
- Resveratrol
- Grape seed extract
- Ellagic acid
- Natural vitamin E (the gamma-tocopheryl)
- Vitamin C (buffered ascorbate)
- White tea extract
- Vitamin D-3

Because curcumin and quercetin are poorly absorbed in their natural state, I recommend dissolving them in a tablespoon of extra-virgin olive oil and taking the mixture three times a day. The dose is 500 milligrams of each.

Special forms are available that have higher absorption at the Web site of the Life Extension Foundation, www.lef.org. When they are combined, curcumin and quercetin are extremely powerful anticancer substances and they vigorously reduce inflammation. Nutrients inhibit cancer

development and the growth and spread of existing cancers by:

- Improving cell communication
- Turning off cancer genes
- Slowing cell division
- Inducing apoptosis (selective suicide of cancer cells)
- Inhibiting cancer-dependent enzymes
- Inhibiting inflammation
- Providing the body with antioxidants
- Inhibiting tumor invasion
- Inhibiting angiogenesis
- Promoting anti-hormone effects (hormone sensitive cancers)
- Binding iron
- Improving detoxification

For references and more information on cancer and nutrition be sure to visit my Web site at www.russellblaylockmd.com, and look under “published papers.” Also, see my book “Natural Strategies for Cancer Patients.”

Health and Nutrition Updates

More Vaccine Scare Stories

My local paper carried a story that appeared nationwide — “Jump in Measles Provokes Fears.” In a tone designed to make news as scary as possible, it emphasized that there was a jump from 43 cases of measles last year to 131 cases over the past seven months. That’s 131 cases among 50 million children in the U.S.

The concern, according to the Centers for Disease Control and Prevention chief, was that more than half of the cases occurred in children not vaccinated, especially those given exemption and in home-schooled kids.

I find it ironic that they couched it this way rather than that half the cases occurred in fully vaccinated kids.

The article then screamed that 43 of these children were hospitalized. Well, they hospitalize kids for even minor reasons these days, and nothing indicated which children were the sickest — the vaccinated or the unvaccinated. Previous

studies have shown that vaccinated kids who get sick are more severely affected.

What they didn’t want you to notice was that 50 percent of the cases were fully vaccinated, because then you would recognize that, in many cases, the vaccine provides no protection. If the vaccine works as well as they advertise, who would care that home-schoolers were unvaccinated? It wouldn’t endanger your vaccinated child.

Few recall that before the 1960s there was no measles vaccine, and tens of thousands of us contracted this mostly-benign disease every year. None of my classmates were seriously ill or died from the measles, yet all of us contracted it. And, unlike the vaccinated kids, we have lifelong immunity.

This new report is just another scare tactic being used to frighten moms into dragging their children to the pediatrician to be vaccinated, resulting in vaccine manufacturers selling more vaccines. Remember — the death rates from measles fell 90

percent before the introduction of the modern mass vaccination program for measles prevention.

Omega-3 Oils with Phospholipids Superior to Fish Oils Alone in ADHD

An interesting study reported in a recent issue of the American Journal of Clinical Nutrition found that supplementing attention deficit hyperactivity disorder (ADHD) children with fish oils containing phospholipids was superior to fish oil alone in improving visual attention.

The children receiving the supplement with fish oil alone improved at a rate twice that of the placebo group, while the phospholipid-fish oil supplemented group improved 3.35 fold over the control group.

Krill oil contains this combination of phospholipids and omega-3 oils. Brain cells contain an array of phospholipids, and several increase brain function, including learning and attention (Amer. Jour. of Clin. Nutr. 2008; 87: 1170-1180).

Food Choices Are Critical in Preventing Disease

A new study, the first of its kind, found that the antioxidant potency of the foods you choose is

more important than just increasing your intake of fruits and vegetables.

The study included both men and women and found that vegetables and fruits containing high levels of antioxidants significantly lowered liver enzymes (indicating improved liver health).

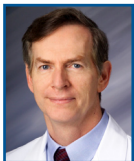
At the same time, the high-antioxidant foods reduced inflammation in the body. Fruits and vegetables which contained low amounts of antioxidants had no beneficial effects. This could explain why previous studies of diets high in fruits and vegetables found little beneficial effects, since the choice of foods was the critical factor.

This conforms to what I have been saying in all my newsletters. Nutrient-dense fruits and vegetables, those high in antioxidants and anti-inflammatory flavonoids, protect against disease best. Because most chronic diseases are inflammatory, this can dramatically improve one's health and speed recovery (Amer. Jour. of Clin. Nutr. 2008; 87: 1290-1297).

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: What do you recommend for restless leg syndrome?

— Petrina D., Rancho Cucamonga, Calif.

A: My review of this disorder finds a number of contributing factors, such as a deficiency of calcium, magnesium, and potassium. It is considered to be a deficiency of a brain neurotransmitter called dopamine. Some have considered it an early sign of Parkinson's syndrome risk, or a dopamine deficiency disease.

Most of the prescription medications increase brain dopamine levels.

A natural way to do the same thing is to take the amino acid tyrosine, which is what the brain uses to make dopamine. In a dose of 3 grams twice to three times a day, taken on an empty stomach, one can increase brain dopamine levels and, in my experience, many have experienced relief from their restless legs.

Another important way to reduce the symptoms is to calm the brain down, which can be done by taking magnesium supplements, carnosine or L-theonine, 400 milligrams twice a day.

Take these in the recommended doses. Start first with carnosine, giving it three weeks to work. Then if needed after the three week period, add L-theonine, 500 milligrams twice a day taken on an empty stomach. They also help promote sleep.

The magnesium should be taken every day, 500 milligrams of elemental magnesium twice a day. I like the magnesium citrate/malate. In this supplement, you will notice that in the 500 milligram capsule there is only 120 milligrams of elemental magnesium.

Q: Do you believe red wine (resveratrol) consumption has heart-health benefits?

— Andrzej S., Las Vegas, Nev.

A: Yes, resveratrol has been shown to be a powerful antioxidant and is the only plant extract known to extend life expectancy. One of its most incredible effects is reducing a nasty cell toxin called advanced glycation end products (AGEs).

This toxin increases dramatically with a high sugar intake, especially with high fructose corn syrup. These toxic reactive products also accumulate in the heart muscle causing heart failure and abnormal heart beats (arrhythmia). We see high levels of AGEs in heart disease as well as Alzheimer's disease and strokes.

Q: I recently read that taking lecithin supplements can significantly reduce the plaque buildup in the arteries. Is this true, and if so, what would your recommendations be for dosage and brand, and if true, why would this be good for you if lecithin is a byproduct of soy?

— Marie S., Portland, Ore.

A: Some studies have shown a reduction in atherosclerosis using lecithin supplements. Lecithin is composed of several phospholipids that are thought to act like vessel scrubbers. The problem is that in those with the highest risk of a heart attack or stroke, one sees very high levels of free radicals and lipid peroxidation products in the walls of the blood vessels. If you take lecithin, it too will become oxidized by the free radicals.

Studies have shown that in people with extensive atherosclerosis, the blood vessels contain high levels of oxidized phospholipids. Taking lecithin along with a combination of powerful anti-inflammatory and anti-oxidant supplements (and foods) will prevent the phospholipids from oxidizing and prevent atherosclerosis. As far as being from soy, the extracted phospholipids from soy are not harmful, the problem with soy mainly

comes from the fact that whole soy contains high levels of fluoride, manganese, glutamate and other toxic compounds.

Q: Is there a connection between gluten intolerance and Hashimoto's disease?

— Colleen H., Atlanta, Ga.

A: Hashimoto's disease is an autoimmune disease. Anything that stimulates the portion of the immune system related to autoimmunity (B-cell immunity) will aggravate the disease. Gluten is a food component that is frequently associated with immune allergic reactions.

Therefore, eating foods high in gluten, such as grains, can worsen Hashimoto's disease. We see this quite often with other autoimmune diseases, such as rheumatoid arthritis and lupus. Food allergies and food intolerance (see the November 2007 newsletter, "Are You the Victim of Hidden Allergies?" on food intolerances) are relatively common and should be considered with all autoimmune diseases.

Q: What vitamins can I take to slow the progression of renal failure?

— Paul B., Newport News, Va.

A: It depends on the cause of the renal failure, but in general, one should take the antioxidant network nutraceuticals; that is vitamin C (buffered), vitamin E (Unique-E), the B vitamins, iodine, vitamin D-3 and omega-3 oils (higher in DHA than EPA or pure DHA).

Magnesium and zinc are also important, but have your doctor follow blood magnesium levels since with renal disease one can experience elevations in

serum magnesium that can affect the heart rate.

Also, as long as your doctor closely follows blood magnesium levels, replacement is safe. Reduce your protein intake and avoid omega-6 oils (corn, safflower, sunflower, peanut, and soybean oils). Curcumin and quercetin reduce inflammation in the kidney and curcumin promotes tissue healing.

Q: Are there any dangers associated with taking Chantix to stop smoking?

— Mick R., Lake City, Fla.

A: Post-marketing studies (studies done after its release and after use by large numbers of people) indicate that this medication is associated with suicidal thoughts, suicide risk, severe depression, anxiety, insomnia, and other behavioral problems.

This is because it reduces brain levels of dopamine (the neurotransmitter that elevates mood and makes us feel pleasure).

When this happens, especially to a severe degree, expect dark moods, a loss of pleasure in life and suicidal thoughts.

Studies have shown that one of the principal triggers in addictive behaviors (even for illicit drugs, sex and gambling) is glutamate, one of the principal neurotransmitters in the brain. Processed foods are high in glutamate, which would be expected to increase cravings.

Other studies have shown that blocking glutamate receptors significantly reduces cravings for addictive substances such as nicotine and even cocaine.

Ritalin has been shown to aggravate addictive behaviors, which would be of concern with the dramatic increase in the use of this drug in treating ADHD. In my opinion, Chantix is far too dangerous to be used for controlling smoking addictions.

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