

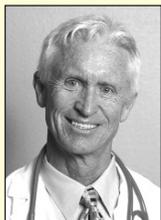
Dr. Frank Shallenberger's

Real Cures

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Dr. Frank Shallenberger
Editor-in-Chief

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Coming Next Month

- Preventing cancer is a lot easier than you might think. I'll give you the only cancer-prevention advice you'll ever need.
- Is your bone-building supplement slowly killing you? It could be if you're not doing this....
- Have your fish and eat it too — without worrying about mercury poisoning. I'll show you how.

A Permanent Cure for Arthritis

If you have arthritis and you visit a conventional doctor, he'll put you on painkillers, anti-inflammatory drugs, or joint replacement surgery. If you visit an alternative doctor, he'll put you on glucosamine, fish oil, or some other supplement.

But there's a problem with both approaches: they only treat your *symptoms*. Neither of them offers you a real cure.

Sure, glucosamine and a few other supplements help regenerate cartilage. But they don't work for everyone. And even when they do work, you have to keep taking them for the rest of your life.

Well, today, I'm going to show you how to cure your arthritis. That's right; I said cure. And this cure works no matter how worn out your cartilage is. In fact, it even works when there's no cartilage left and your bones are grinding against each other.

When I tell my new patients this, they're very skeptical. It flies in the face of everything they've heard or read about arthritis. But when they complete this treatment, over 90% walk out of my office with their cartilage back and their pain and inflammation gone. And they never have to set foot in my office again for the problem.

To date, I've successfully treated hundreds of arthritis patients. A typical patient is Dan, who I finished treating just the other week.

Dan is a burly guy in his mid 50s. He works in a delicatessen and is on his feet 12 hours a day. As you might imagine, being on your feet all day can take a terrible toll on your knees. And indeed, Dan's knees were in bad shape. Tests showed his cartilage was worn out. He walked with a pronounced limp, and told me that the pain was sometimes excruciating. In fact, it was so bad he thought he'd have to quit working.

Dan told me he had always been proud of his leg strength. He had the best leg strength on his high school football team. And if you look at his legs, they're huge. Yet when I gave him a strength test, his legs were as weak as an old woman's. If he tried squatting down, he'd fall to the ground and have trouble getting back up. The pain was just too much.

Of course, the doctors he saw before me had put him on painkillers to mask the pain. They'd also told him that he'd need a knee replacement. That's when Dan decided to come see me.

One of the first things I did was to take a hormone panel. I do this with all my arthritis patients because many times, arthritis is hormonal in origin. (I'll have more on this in a future issue.) But Dan's hormones were fine. So I immediately went to the next step, which is to put Dan on a therapy I developed called Prolozone®.

What Is Prolozone®?

Prolozone® is a combination of two therapies you may have heard of, *ozone therapy* and *prolotherapy*.

Let's talk about prolotherapy first. In prolotherapy, a doctor injects your joint with a solution of sugar water or some other substance. This solution irritates the area and causes inflammation.

Why would a doctor purposely cause inflammation? Because inflammation is the body's way of healing itself. That's why

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you get inflammation whenever there's an injury. The inflammation causes your immune system to send healing cells to the area to repair the damage.

Unfortunately, sometimes the injury is too great for your body to heal by itself. In those instances, you need to give your body extra help. And that's what prolotherapy does. It magnifies and speeds up the body's own healing process.

Here's what happens after a prolotherapy injection:

The solution irritates the joint and causes inflammation. In response to the inflammation, your body sends more blood to the area, delivering oxygen and nutrients. It also sends special immune cells called *macrophages*, which remove debris and irritants from the area.

After the macrophages carry off the debris, your immune system sends in *fibroblasts*, cells that make collagen. Finally, the body sends in *chondrocytes*, the cells that make new cartilage.

If this is confusing, think of the cells as a construction crew building a house. The macrophages are in charge of demolition and clean up. Then the fibroblasts come in and put up the two-by-fours that make the frame of the house (collagen). Then the sheetrock guys come in and put up the walls (cartilage).

As I said, this happens naturally in your body every day. But prolotherapy greatly speeds up the process, making it possible to heal injuries that your body can't heal on its own.

The Limitations of Prolotherapy

Several studies prove that prolotherapy works. There's also a great deal of anecdotal evidence from doctors who've used it, including former Surgeon General C. Everett Koop.

But as effective as prolotherapy is, it does have its drawbacks and limitations. For one thing, you have to be very precise when

you use it. If you're not, it just doesn't work very well.

Another drawback is that prolotherapy can take a long time to work. I've seen people who need multiple injections every week for months. And, while the results are sometimes fantastic, I've seen some disappointing results as well.

Still another drawback of prolotherapy is that it can be quite painful. I know because I've experienced the pain first-hand. I injured my back about 15 years ago, and had a colleague of mine give me a prolotherapy injection. After the injection, I was in so much pain that I couldn't go to work the next day.

A lot of my patients tell me that they too experienced a great deal of pain. This can be a big problem, because when a patient experiences pain after a treatment, they sometimes decide not to continue. Indeed, when I was offering prolotherapy alone, I had a high drop-out rate with my arthritis patients. I needed to find a better way to heal patients' joints ... one that didn't cause pain.

Then One Day I Found It ...

One day as I was going through my patient charts, I noticed that the younger patients were getting much better results from prolotherapy than the older ones. It occurred to me that the reason these older folks weren't getting good results was that their "construction crew" was old, too. In other words, their macrophages, fibroblasts, and chondrocytes were weaker and less efficient.

So even though we were using prolotherapy to get the construction crew to show up at the job site, the crew was just too tired and weak to do the job!

Looking back on it now, it seems so obvious. It's a well-known fact that the older a person gets, the less efficient their cells are. So why wouldn't this apply to the cells that make collagen and cartilage? The answer, of course, is that it does apply to those cells.

Luckily, I had just the answer to this problem: *Oxygen therapies*.

You see, a leading cause of aging is the inability to get oxygen into your cells. Indeed, an article in the *New England Journal of Medicine* concluded that the single biggest difference between a 25-year-old and a 70-year-old is simply that the 25-year-old's body is better able to utilize oxygen!

So how do we improve the body's ability to utilize oxygen? With oxygen therapies like hyperbaric oxygen ... intravenous hydrogen peroxide ... and multi-step oxygen therapy (also known as Exercise With Oxygen Therapy, or E.W.O.T). All of these therapies work by flooding the cells of your body with oxygen, thereby increasing the cells' energy production and making the cells more efficient.

Well, as good as the above therapies are, there's one oxygen therapy that's even stronger. That therapy is *ozone therapy*.

How Ozone Works

Ozone is a naturally occurring gas composed of three oxygen atoms. As you may know, oxygen atoms like to travel in pairs. (That's why regular oxygen is written as O₂, while ozone is written as O₃.)

The fact that ozone has an extra oxygen makes it more reactive than regular oxygen. Simply put, it wants to get rid of that extra oxygen atom.

So whenever you introduce ozone into an environment, it's a more efficient way of oxygenating the area. In addition, ozone stimulates the system to better use the oxygen that's already there.

With more oxygen, the cells are able to produce more ATP and create more energy. And with more energy being produced, the fibroblasts and chondrocytes can work harder and lay down more collagen and cartilage.

So now you've got a crackerjack construction crew rushing over to your joints and repairing them in no time!

Get Rid of Irritable Bowel Syndrome by E

Most people who have Irritable Bowel Syndrome are still looking for a solution. Their doctor may prescribe drugs for it. But these treat the symptoms, not the cause. And most supplements do the same thing. But I've got some good news for you — I have a cure.

It comes from one of my favorite foods — the artichoke. But it's not the part you eat. It's the leaf.

In one study, a group of patients with IBS took capsules of artichoke leaf extract for six weeks. The results? It significantly reduced the severity of all of their symptoms. An amazing 96% of the patients rated artichoke leaf as better than or at least equal to the medications their doctor gave them. But with none of the side effects! I've found that when combined with an anti-yeast program (I'll give you my complete anti-yeast program in a future issue), artichoke leaf never fails to cure even the worst

cases of IBS.

Another study looked at the effects of artichoke leaf in 553 people with different kinds of gastrointestinal symptoms. The average age of the patients was 54.7 years. Each person had suffered for about three years prior to taking the artichoke leaf. The average period of use was only 43.5 days.

The researchers found some striking results. They discovered:

- 71% of those complaining of constipation found relief
- 68% of those with persistent gas (flatulence) improved
- 72% of those who regularly experienced loss of appetite found improvement using artichoke leaf extract
- 76% had their intestinal cramps relieved

Putting It All Together

Of course, if you want your construction crew to finish a job fast, you have to make sure they have plenty of building materials to work with. That's why I make sure the patient takes plenty of glucosamine and MSM the entire time I'm seeing him. I also inject some cartilage-building nutrients directly into the joint. These include vitamin B-12 and hyaluronic acid.

This step is very important. Remember earlier how I mentioned that prolotherapy causes more blood to go to the area? Well, the problem with the cartilage in your joints is that it doesn't actually have a blood supply. That's right. The area around the joints gets blood, but the actual joints do not!

How, then, do joints get their nutrients? The answer is from joint fluid. The major ingredient in joint fluid is hyaluronic

acid, so I make sure I inject plenty of that.

And oh yes, I inject Novocain into the joint as well so the patient doesn't feel any pain.

So here's how the whole process works:

First I inject the Novocain into the joint. Then, while the syringe needle is still in, I switch syringes and add the prolotherapy solution which includes vitamin B12, hyaluronic acid, and a pain remedy called Traumeel. Finally, I unscrew that syringe and attach the tube containing the ozone. The whole treatment takes about three minutes. And the results are nothing short of miraculous.

Let's Get Back to Dan ...

You're probably wondering what happened to Dan, the patient I talked about at the beginning of this story. I'm happy to tell you that the story has a happy ending.

Eating Something Most People Throw Away

- 88% of those with frequent nausea and vomiting improved

Artichoke leaf was also effective in a double-blind study of people with indigestion from various causes. But it was particularly helpful to those with indigestion caused from insufficient bile. This is common in people who have had their gallbladder removed.

Most people know that the herb milk thistle (silymarin) is an excellent tonic for the liver. But you may not know that artichoke leaf is just as effective. Just like milk thistle, it protects and regenerates the liver, and completely protects it from potentially deadly doses of many toxins. It even protects the liver from the damage caused by the excessive use of alcohol.

Fortunately, you don't actually have to eat the leaf to get its benefits. The best way to take artichoke leaf is in capsules of the extract. You

can buy the capsules at any health food store. The label should say that the extract is standardized to contain 15-18% caffeoylquinic acids (also called chlorogenic acid) and/or 2-5% cynarin. Many researchers feel that the cynarin component is what is primarily responsible for its many benefits.

The usual dose is from 200-400 mg of the extract taken three times per day. Start with the higher dose, and decrease after you've seen maximum improvement. And remember that unlike drugs, herbs do not always work fast. It might very well take four to six weeks to see the best results.

Sources:

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Gebhardt, R. "Antidyspeptic and lipid-lowering effects of artichoke leaf extract," *Journal for General Medicine*, 1996.

Immediately after I gave Dan his first injection, he was walking around with no pain. In fact, he could squat down and stand back up without any pain whatsoever. He looked at me in disbelief.

I told Dan that the immediate disappearance of his pain was partly due to the Novocain, which would wear off in a short time. But even after the Novocain wore off, Dan would feel better than he had before. His body was on its way to healing now, and he'd continue to improve as I gave him more treatments.

I told Dan to continue taking the oral glucosamine and MSM, and to come back and see me every two weeks for injections, which he did. After the fourth treatment, Dan was done.

And I do mean done. As I mentioned at the beginning of this article, Prolozone therapy is a *permanent* treatment.

Why Hasn't My Doctor Told Me About Prolozone Therapy?

Despite the amazing success of this therapy, the conventional medical establishment continues to ignore it. This is no surprise. New treatments are usually around for decades before the mainstream finally accepts it.

The good news is that there are a number of forward-thinking doctors who are aware of the therapy and know how to administer it. I've been teaching doctors how to use it for the past 15 years. And so far there are well over 500 doctors around the world using it. You can find a list of the doctors I've trained at www.oxygenhealingtherapies.com.

Prolozone Therapy is such a remarkable treatment that it works for all kinds of injuries. I'll have a lot more to tell you about it in future issues. ■

Is DHEA Useless?

If you are taking DHEA, you are wasting your time. At least that's what an editorial by Paul M. Stewart, MD would have you believe. His comments recently appeared in the October 19, 2006 issue of the *New England Journal of Medicine*. Dr. Stewart concluded that taking DHEA to slow down aging "offers no answer and should not be attempted." He then states that, "Appropriate regulation would dispel much of the quackery associated with this elusive hormone."

"Appropriate regulation?" "Quackery?" Whenever you hear doctors haul out words like that, you know they're upset. What this usually means is that they're reacting emotionally instead of looking at the facts. So let's look at *the facts*, shall we?

Dr. Stewart's words come on the heels of a study of 87 elderly men and 57 elderly women. The researchers gave roughly half of these men and women DHEA supplements, and they gave the other half placebo capsules. The study went on for two years.

The *New England Journal of Medicine* study made headlines in the network news – "DHEA is waste of time and money." More than a few of my patients called me up and wanted to know what the deal was. So here's what I can tell you about this study.

First, there are numerous studies that show DHEA does work. And second, this study had at least four significant errors.

Problems With This Study

(1) The people in the study were not selected because of symptoms. They were selected simply because of low blood levels. That would be like doing a study on glucosamine and testing it on subjects who have no joint pain. It's ridiculous!

What most people don't realize is that blood levels are notoriously inaccurate at diagnosing a hormone deficiency. Because of this, it's almost certain that many of the

people chosen did not have a significant deficiency of DHEA. It stands to reason that giving DHEA to someone who doesn't need it is not going to result in any improvement.

(2) One of the major impacts that DHEA makes is on the brain. Researchers have shown that maintaining healthy DHEA levels as they begin to decrease will dramatically lower the chance of memory loss, insomnia, depression, and dementia. The people in the *New England Journal* study were started on it way too late to have much of a preventive effect on their brains. They should have started it as soon as they became deficient. DHEA deficiency often occurs in the 40s and 50s. To start replacing deficient levels 10-20 years after the fact is going to seriously limit any chance of improvement.

(3) The study was way too short to examine any of the known anti-aging effects of DHEA. The researchers should have followed these people for at least 5-10 years. Then they would have seen that those taking the DHEA supplements were in much better shape than those who didn't.

Dr. Stewart was way out of line to conclude that DHEA had no anti-aging effects. He should know that it's impossible to expect any study to show anti-aging effects in less than 5-10 years. A two-year study is just too short.

(4) And, finally, the results, according to the author, showed that taking DHEA did not improve "body composition, physical performance, insulin sensitivity, or quality of life."

On average, this was true. But all the study offered was averages. There was no published data on each individual subject. This can be very misleading. If 100 people are studied and 20 of them show benefit, then it doesn't make any difference what the average was. Those 20 people still saw improvement.

Not only that, but based upon the range of averages that were published in the study, some of the people taking DHEA had improvements in every aspect that was tested. Improvements in bone density, exercise performance, stamina, blood sugar levels, and body composition. For those people, DHEA was very effective.

This statement flies in the face of a good many studies published over the last 20 years that reached the exact opposite conclusions. In fact, many people started taking DHEA supplements when it first became available at the health food stores about 15 years ago. They take it because studies show that it: extends the lifespan in mice, prevents certain cancers, keeps the

blood thin, stimulates the immune system, prevents the flu, prevents diabetes, increases stamina, increases bone mass, prevents Alzheimer's and other forms of dementia, and improves mood, sleep, and libido.

They continue to take it because they see results. DHEA does everything the studies show it does. Some people experience better results than others. But it's a supplement that really works.

Just remember, your body makes DHEA for good reasons. When it becomes deficient, it only makes sense to replace it. You will live longer and better. One of the most incredible mysteries of life is that your body was made to heal itself. All you have to do is to help it. ■

How to Prevent Loose Teeth Due to Aging

If you want to make sure you hold onto your teeth as you get older, there's an important mineral you should know about. And no, it's not calcium or magnesium.

The mineral I'm talking about is vanadium. You may have heard about taking vanadium for diabetes. But you probably haven't heard much more about it. That's because it just doesn't come up on the radar screen of most doctors.

Vanadium is a micromineral, meaning that the body requires it only in very small doses. Your entire body contains about 100 mcg of vanadium. That's not very much.

But just because you don't need very much, doesn't mean it's not important. Vanadium is an essential mineral. Unfortunately, you won't find it in most multivitamins — and our diets rarely contain enough. So most people have a deficiency. And one of the biggest effects of a vanadium deficiency is loose teeth.

You'll find most vanadium in your bones. It tends to concentrate there, which makes the bones surrounding your teeth stronger. That, in turn, holds the teeth tightly in their sockets. If you don't have enough vanadium, these bones can't hold onto the teeth as well. This is why taking extra vana-

dium is crucial if you want to keep your teeth.

But you have to be a little careful about taking vanadium (or any other micromineral for that matter). Since you need only a small amount, it's easy to take too much. And that can cause toxicity. That's why many experts recommend getting vanadium from your diet.

The foods highest in vanadium are buckwheat (about 30 mcg per ounce), parsley (about 25 mcg per ounce), oats (about 10 mcg per ounce), and eggs (about 13 mcg per ounce). Unfortunately, most people don't eat enough of these foods to get the vanadium they need. Indeed, studies show that the average person gets between 10 and 60 mcg each day, while the optimum amount is more like 25 to 100 mcg.

The solution, of course, is to take a vanadium supplement. You can find an easy to take form of vanadium in your health food store. A 50 mg capsule of vanadium sulfate contains 10 mg of pure vanadium. Since only about 1% of dietary vanadium actually gets absorbed, taking 10 mg will get you 1/10th of a mg — 100 mcg — into your body. This is the total amount of vanadium you should have in your body. So don't take it too often. About once a week is a great way to ensure that your teeth stay right where they belong.

LETTERS TO THE EDITOR

Q. I just read Suzanne Somers book *Ageless: The Naked Truth About Bioidentical Hormones*. I think it's an excellent book. What do you think about it? — Clara T., via e-mail

Dear Clara,

I'm a big fan of natural hormones. So I have no problem at all with what Somers is saying.

Unfortunately, the book has upset more than a few doctors. The interesting thing is that most of the doctors are not necessarily upset at what it says — but upset at who's saying it.

In her book, Ms. Somers, who recently turned 60, describes bio-identical hormones as “the juice of youth.”

According to an article by Abby Ellin published in the October 15, 2006 in the *New York Times*, Suzanne claims that using bio-identical hormones restored her bone loss, recharged her libido, reduced her depression, and rejuvenated her hair, skin, and body.

I've been prescribing bio-identical hormones for over 15 years now, and continually see the same results. The proper use of these hormones is clearly a major part of slowing down and even reversing the aging process.

But some of the doctors quoted in the book are outraged by it. The problem they have has nothing to do with the use of bio-identical hormones. In fact, they all prescribe bio-identical hormones.

The problem they have is that Somers endorses a bio-identical hormone treatment plan created by a lay person by the name of T.S. Wiley. Wiley is a former actress who holds a bachelor's degree in anthropology from Webster University in St. Louis, and has no medical training.

The *Times* article quotes Dr. Erika Schwartz, a Manhattan internist and the

author of *The Hormone Solution*, who said, “This is not a territorial fight. It's about safety for women. Suzanne Somers endorses this non-physician, non-medical person who has created this whole protocol. With this book, she has gone too far.”

The fact is that it IS a territorial fight. These doctors are not arguing with what Somers says in the book. Instead they're upset that she's advocating the opinions of a layperson. Someone with absolutely no experience at all treating patients.

Now I happen to agree with these doctors that it's often dangerous to take advice from a layperson. But I also understand that many women would rather rely on health information offered by a celebrity than from a doctor.

Why? Because celebrities are worshipped in our society, and doctors are not trusted. We doctors have lost the people's confidence by being pushers for drug companies. People no longer trust us, and you know what? I don't blame them.

Conventional medicine needs to start looking seriously at what causes diseases instead of just being satisfied to treat symptoms.

Until then, many people will continue to get their medical advice from celebrities, health food store clerks, and other lay people.

Got a Question?

Do you have a question for Dr. Shallenberger? If so, please send it (typed **only**) to him c/o Soundview Publications, P.O. Box 467939, Atlanta, GA 31146-7939 or feedback@PrescriptionsforHealthyLiving.com. While he won't be able to respond personally, he'll try to answer as many questions as he can in these pages.