

## Contents

- 4 Dr. Mehmet Oz and Dr. Michael Roizen**  
Are you overtraining?
- 5 Heart Health**  
Drugs and supplements:  
Dangerous interactions
- 6 Immune Health**  
Preventing pneumonia
- 7 Natural Health**  
How to beat inflammation
- 8 Ask the Doctor**  
Anxiety disorders
- 9 Aging**  
Promising research on  
longevity
- 10 Diabetes**  
10 Subtle symptoms
- 11 FDA Approvals**  
Blood test, ebola, cancer
- 13 Breaking News**  
Saunas reduce dementia
- 14 Dr. Maxfield**  
Future of oxygen therapy
- 15 Nutrition**  
Prebiotics crucial to health
- 16 Breakthroughs**  
Aging process reversed in  
experimental cells

# Take These Steps Now to Lower Your Dementia Risk

By Gary Greenberg

Preventing Alzheimer's disease and similar forms of dementia is a daunting challenge because destructive changes start many years before the first symptoms show up. And by then it's too late to stop the degeneration.

"There are medicines that can address the symptoms, but not the underlying pathology," says Dr. James Galvin, founding director of Florida Atlantic University's Comprehensive Center for Brain Health.

Galvin, who runs the Dementia Prevention Program on the school's Boca Raton campus, adds that he doesn't expect a cure for Alzheimer's anytime soon.

Dementia is defined as cognitive impairment that interferes with people's ability to take care of themselves. Although there are more than 150 types of dementia, Alzheimer's is the most common, making up more than half of the cases. About 5.7 million Americans suffer from Alzheimer's, and that number is projected to soar to more than 14 million by 2050.

"Researchers use Alzheimer's as the model because it is the most

common and we know the most about it," says Galvin. "The pathology begins 10 to 20 years before symptoms, so by the time the person develops a recognizable symptom, there's already a lot of damage done."

That destructive pathology comes in the form of amyloid plaque and tau tangles, buildups of abnormal proteins that disrupt memory and cognition. But medications used to reduce the clumpy proteins haven't done anything to reverse impairment, and scientists are still debating whether they are actually a cause or an effect of Alzheimer's.

"The assumption was if you got rid of the amyloid, you could get rid of the disease," notes retired neurosurgeon and leading researcher Dr. Russell Blaylock. "[But] recent research points to a combination of chronic inflammation and excitotoxicity (overreactions to the neurotransmitter glutamate) in the brain as the cause."

No matter what the cause, waiting for symptoms to appear before trying to treat dementia is "like closing the barn door after the horses get out," warns Galvin.

So what can you do to prevent

# The Danger of Inflammation — and How to Beat It

Chronic inflammation may be the root cause of many diseases, research shows. But chronic inflammation hasn't always been recognized as a deadly danger. For two millennia, inflammation has been viewed as a necessary, beneficial response to illness or injury. But now, both observational studies and laboratory research indicate that inflammation can be more of a bane than a boon.

Still, one expert notes, it's crucial to understand inflammation's role in the body.

"It is important to realize that inflammation is not unhealthy," Dr. Jacob Teitelbaum, author of "From Fatigued to Fantastic," tells *Health Radar*. "It fights injury and infections. The problems arise when it's out of balance, mainly because of the high sugar and low omega-3 intake of the typical American diet. Then excess inflammation attacks our own bodies."

Inflammation also drives the aging process faster than any other biomarker, notes Dr. Tasneem Bhatia, author of "The 21-Day Belly Fix." "As we get older, our bodies are less adept at digesting and processing the nutrients we need to regulate inflammation."

Here are some common conditions caused by inflammation, and how you can put out the fire:

**Alzheimer's.** Inflammation can be seen in the brains of people prone to Alzheimer's disease as much as 20 years before onset. Protect your brain with healthy fatty foods like salmon, which is rich in omega-3 fatty acids, advises nutritionist Tara Gidus Collingwood, R.D., team dietitian for the Orlando Magic basketball team.

**Cancer.** Insufficient vitamin D is associated with many diseases, including cancer. Research shows that taking this vitamin along with losing weight reduced the risk of inflammation dramatically women with breast cancer.

**Heart disease.** According to research, people who consume five or more servings of nuts per week have lower levels of certain inflammation markers. The best choices to reduce your risk of heart disease are almonds, pistachios, walnuts, cashews, Brazil nuts, and hazelnuts.

**Arthritis.** Arthritis, an inflammation of the joints, can be aggravated by several factors including diet.

## 6 Tips to Reduce Inflammation

- 1. Exercise.** Studies show that regular exercise reduces chronic inflammation in your blood vessels. A 2017 study showed that even one 20-minute cardio session helped reduce chronic inflammation.
- 2. Stop smoking.** Add inflammation to the long list of health risks from smoking. The burning tobacco and its byproducts are hugely inflammatory, experts say.
- 3. Get enough sleep.** Research shows that not getting enough sleep can raise inflammatory markers. The Centers for Disease Control and Prevention (CDC) recommends adults get at least seven hours of sleep nightly.
- 4. Manage stress.** When you have chronic low-grade stress, your body is in constant fight-or-flight response, raising hormones to dangerous levels which cause inflammation.
- 5. Avoid sugar.** Excess sugar and refined grains may trigger the release of chemicals that cause inflammation, say experts.
- 6. Take aspirin.** Prescription drugs lower inflammation, but they come with a dangerous price. Standard anti-inflammatory treatments like cortisone and over-the-counter anti-inflammatories like ibuprofen are toxic with long-term use. A simple aspirin may do the trick.

Tart cherry juice, which is also loaded with anti-oxidants, has been shown to reduce blood levels of gout-causing uric acid. One study showed that drinking tart cherry juice twice daily for 21 days reduced the pain felt by people with osteoarthritis.

**Asthma.** Alcohol can worsen asthma symptoms by increasing inflammation. Wine, which contains sulfates, is most likely to trigger an attack. Switching from vino to a cocktail may do the trick.

**Irritable bowel and bloating.** Avoid processed foods because they contain emulsifiers such as lecithin, monoglycerides and diglycerides, polysorbates and various other "esters." A recent study showed these compounds change gut flora, causing inflammation that leads to colitis. Collingwood says that drinking kefir, a fermented milk, may help increase "healthy gut bacteria" to restore balance. □

# Anxiety Disorders Affect 40 Million Adults & Can Have Deadly Consequences



**Srin Pillay, M.D.** is a Harvard clinical psychiatrist, brain researcher, and executive coach specializing in stress and anxiety. He is also the author of “Life Unlocked: 7 Revolutionary Lessons to Overcome Fear.”

## Q: What are anxiety disorders?

**A:** Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults age 18 or older. In any given year, 18.1 percent of the U.S. adult population will experience an anxiety disorder. In fact, up to 33.7 percent of the population are affected by an anxiety disorder during their lifetime. Anxiety disorders include separation anxiety disorder, selective mutism, specific phobias, social phobia, panic disorder, agoraphobia, and generalized anxiety disorder. The hallmark symptoms of all involve anxiety or fear.

With anxiety disorders, the symptoms are severe enough to interfere with daily function. Anxiety disorders that lead to depression or substance abuse are more likely cause suicidal thoughts.

## Q: What are common symptoms and causes?

**A:** In general, anxiety disorders manifest as significant levels of worry, apprehension, or panic with or without the presence of an identifiable stressor. The emotional distress is often accompanied by physical symptoms such as sweating, tremor, dizziness, or a rapid heart rate.

Anxiety symptoms differ depending on which disorder you have. For example, people with separation anxiety experience distress when they are separated from home or major attachment figures. In social phobia, people experience fear or anxiety in social settings. In panic disorder, people experience recurrent unexpected panic attacks, which are abrupt feelings of fear or discomfort. In generalized anxiety disorder the hallmark symptom is excessive worrying.

While the causes of anxiety disorders are not known, there are several associations. Genes may

play a role. Shame, abandonment, rejection, loss, or automatic memories may all precipitate an anxiety disorder. Anxiety disorders may also arise when there is a fear of scrutiny and embarrassment.

## Q: When should you seek medical help?

**A:** You should seek medical help for anxiety disorders if your symptoms disturb your functioning at home, with friends, or at work. You should also seek help if you are suicidal, homicidal, or unable to care for yourself. Because many medical illnesses masquerade as anxiety, you should first see a primary care physician to exclude medical illnesses such as thyroid or heart disease. Once you are medically cleared, a competent clinician will do a thorough psychological assessment to make a diagnosis. The good news is that anxiety disorders are highly treatable.

## Q: What conventional treatment options are there?

**A:** Medications are the first-line treatment for most anxiety disorders. SSRI drugs such as Prozac or Paxil may be helpful. Benzodiazepines such as Xanax or Valium also work. Several forms of talk therapy can also work. Cognitive-behavioral therapies target distorted thoughts and actions. Psychodynamic therapies target deeper underlying psychological defenses that cause distress. And acceptance commitment therapy is a mindfulness-based therapy that focuses on what you can control.

## Q: Are there nonconventional treatments?

**A:** There are four types of nonconventional therapy:

- Alternative medical systems such as Ayurveda, naturopathy, homeopathy, acupuncture, and Chinese/Oriental medicine
- Nutritional therapies like vitamins, herbs, and special diets
- Mind-body therapies such as meditation, biofeedback, hypnosis, imagery, and energy healing like Reiki and electromagnetic-based therapies
- Body-based therapies using chiropractic and massage □

# Science of Aging Yields Promising Results

The science of aging has long been a disregarded field of biomedical research. It's attracted relatively little attention as scientists, and funding, have concentrated more on specific diseases such as cancer, diabetes, heart disease, and Alzheimer's.

But age is the No. 1 risk factor for most chronic ailments, and advancements in technology have allowed researchers to start unraveling the mechanisms of aging on a cellular level. Scientists are not only learning more and more about why we age, but also experimenting with ways to slow down the process — and possibly even reverse it.

This emerging field is called “geroscience,” and it focuses on cellular dysfunction on molecular, genetic, and biochemical levels. One expert even predicts that degenerative aging will be wiped out in a decade.

“Geroscience is kind of a reversal of the way biomedical research has been practiced,” explains Matt Kaeberlein, a geroscientist at the University of Washington in Seattle. “Instead of waiting for a disease to be diagnosed, we try to understand the biological mechanisms of aging that cause diseases, so we can find interventions that delay the onset or slow the progression of them. Geroscience is the ultimate preventative medicine.”

## Promising Research

Kaeberlein is co-director of the Dog Aging Project (DAP),

a three-phase study on how the drug rapamycin affects health and longevity in man's best friend. The project is based on how rapamycin affects the metabolic function of cells. In this case, the drug inhibits a protein pathway in cells that normally encourages growth and blocks cellular recycling (autophagy). Many age-related diseases are triggered by uncontrolled growth or senescent cells that resist recycling and spew out inflammatory compounds.

Kaeberlein and others previously found that rapamycin boosted longevity in yeast, fruit flies, worms, and mice. Dogs are good predictors for human response because they are similar physiologically and share our environment. And because they age faster, longevity studies can be done in years instead of decades.

## Longevity Boost

Early results have been encouraging, and Kaeberlein predicts that rapamycin will increase longevity in dogs by 15 percent or more. Perhaps even better news for geroscientists like him is that the studies are being funded by the government's National Institutes of Health.

“Things are getting better, but in general, geroscience remains woefully underfunded,” he says. “Fifty percent of the federal budget for the National Institute on Aging goes to Alzheimer's research. We're still spending a disproportionate amount of money on individual diseases, all

of which are diseases of aging.”

Geroscience is still very much a new frontier with an increasing number of paths to explore. Rapamycin — most commonly used to fight some cancers and as an anti-rejection therapy for transplant patients — is just one of many interventions being studied.

Another pharmaceutical drug that has received a lot of attention lately is metformin. In one study, patients taking the popular diabetes drug outlived those not on the drug, even nondiabetics. Now, a \$77 million study is getting underway at Albert Einstein College of Medicine in New York.

Researchers are also using senolytic drugs to dispose of senescent cells that do little good but cause a lot of inflammation, which contributes to virtually all chronic ailments. One senolytic protocol that has worked well for a range of age-related diseases in mice is the chemotherapy drug dasatinib combined with the supplement quercetin.

Many other therapies are being explored, ranging from infusions of stem cells to transfusions of young blood.

“It's an exciting time for geroscience,” proclaims Bill Faloon, co-founder of the Life Extension Foundation, which has contributed some \$175 million to anti-aging research. “Once we identify a mechanism of aging, we can attack it, and whatever problem it was causing goes away. Within a decade, I believe we can abolish degenerative aging.” □

# 10 Subtle Diabetes Symptoms

More than 30 million Americans have diabetes, but nearly one-third of them don't know it. That's bad news because having undiagnosed diabetes, most commonly Type 2, is like a time bomb for your health.

"Type 2 diabetes can progress over an extended time period with gradual, often unnoticed changes occurring before diagnosis," say experts at the National Center for Health Statistics. "If left unmanaged, diabetes may contribute to serious health outcomes, including neuropathy, nephropathy, retinopathy, coronary artery disease, stroke, and peripheral vascular disease."

Diabetes develops when a person has problems producing or utilizing the hormone insulin, which is needed to process blood sugar (glucose) for energy.

A simple blood test can detect the condition, but you can also watch for the following 10 subtle symptoms:

- 1. Sugar cravings.** Your sweet tooth may have gotten you into this whole mess to begin with, but a diabetic condition can add fuel to the fire. When blood sugar is high, the cells in your body become insulin resistant. That makes it harder for them to absorb glucose so they, in effect, start starving for it. That will trigger the cravings.
- 2. Moodiness.** If you seem to be grumpier than usual, it could be an early warning sign of diabetes. As the body starts having trouble regulating blood sugar, levels go from being too high (hyperglycemic) to too low (hypoglycemic), which can cause mood swings.
- 3. Frequent urination.** Lots of medical conditions can cause you to make more trips to the bathroom, including diabetes. When you have too much sugar in your bloodstream, your body tries to get rid of the excess through urination.
- 4. Excessive thirst.** Thirst goes hand-in-hand with frequent urination. As the body pulls fluid from tissues to excrete the extra blood sugar, you get dehydrated. That causes increased thirst, which also leads to increased urination. It's a vicious cycle until you get your blood sugar under control through lifestyle changes and/or medications.
- 5. Weight loss.** It may seem like a good thing, but if it happens suddenly, weight loss could be a sign of hyperglycemia. One reason is that the urination/dehydration cycle causes a loss of overall fluid and calories. Another reason is that insulin resistance means cells aren't getting their preferred fuel, glucose, so they start burning fat and protein, causing loss of muscle tissue. Diabetics also have higher risk of thyroid disorders, which affects metabolism and can lead to unexplained weight loss.
- 6. Blurred vision.** In the early stages of diabetes, the excess blood sugar can cause fluids to seep into the lens of the eye, swelling it and distorting vision. The good news is that it's reversible once levels are stabilized.
- 7. Exhaustion.** It should come as no surprise that you'll feel fatigued if your body starts losing the ability to properly process glucose, its primary energy source. So if you get plenty of rest and are still dog-tired, drag yourself over to your doctor for a blood sugar test.
- 8. Skin problems.** The skin is among the many organs diabetes can affect, and often dermatological problems are the first sign of a blood sugar imbalance. Conditions associated with diabetes include bacterial and fungal infections, slow-healing wounds, itching, tan or brown raised areas (especially on the neck or in armpits or groin), and scaly patches.
- 9. Numbness or tingling in extremities.** High blood sugar can damage nerves and create a condition called diabetic neuropathy. This typically causes numbness or tingling sensations in arms, hands, fingers, legs, feet and toes. It usually happens when a diabetic condition has gone untreated for a long time.
- 10. Urinary tract infections.** Diabetics are twice as likely as others to develop UTIs because high blood sugar promotes growth of the bacteria that cause them. Diabetes also inhibits immune response, and it can cause nerve damage that makes it harder to empty the bladder and flush away the bacteria. □



# FDA Approvals: Blood Test, Ebola, Genetically Defined Cancer

Compiled exclusively by Health Radar, here are the most significant new drugs and medical devices approved by the U.S. Food and Drug Administration.

## DNA-Based Test to Verify Blood Compatibility

The U.S. Food and Drug Administration (FDA) approved the ID CORE XT DNA-based test to help doctors verify blood compatibility before a transfusion. People who need repeated transfusions are more likely to develop certain antibodies. If blood with poorly-matched antibodies is transfused, the procedure is more likely to lead to red blood cell destruction and a transfusion reaction.

“We know that DNA testing holds great promise — to provide more informative, accurate and cost-effective methods that can enhance patient care,” said Dr. Peter Marks, director of the FDA’s Center for Biologics Evaluation and Research.

Traditionally, identifying red blood cell antigens requires use of a blood serum called antisera. This method has limitations, and the serum may be difficult to obtain, the FDA said.

## Ebola Test Produces Results in Remote Areas

The FDA approved emergency use of a new Ebola fingerstick test, which includes a reader that makes it possible to obtain results outside a laboratory. The DPP Ebola Antigen System makes obtaining test results possible in remote areas with limited lab resources, such as those in African nations affected by Ebola outbreaks.

“The scourge of Ebola tragically demonstrates that we’re a global community when it comes to public health protection. Infectious disease doesn’t recognize nation states,” said FDA Commissioner Dr. Scott Gottlieb.

The emergency declaration permitting the test’s use was made in response to an Ebola outbreak in the central-African nation of the Congo. The agency cautioned that test results shouldn’t be the only criterion used to determine a patient’s course of treatment. Medical professionals also should consider a patient’s history, vital signs, symptoms and likelihood of exposure.

## Vitrakvi for Cancers With Genetic Trait

Vitrakvi (larotrectinib) was approved by the FDA to treat cancers with a specific inherited trait called a biomarker. The approval marks the second drug sanctioned to treat any type of cancer with a certain genetic feature, rather than the drug targeting a cancer that originated in a specific part of the body.

Vitrakvi targets solid tumors that have a neurotrophic receptor tyrosine kinase (NTRK) gene fusion without a known acquired resistance mutation. The type of mutation targeted by the drug is rare, but can occur in many places in the body. The drug was evaluated in clinical studies involving 55 children and adults with a targeted form of cancer. Of the 75 percent of recipients who responded to the drug, 73 percent of responses lasted at least six months and 39 percent lasted a year or more.

The most common side effects included fatigue, nausea, cough, constipation, diarrhea, dizziness, and vomiting. Pregnant or breastfeeding women shouldn’t take Vitrakvi. □

## Note to Readers

### Check Out Newsmax TV:

Newsmax TV is airing some great health news and other breaking news.

Readers of *Health Radar* are encouraged to check out Newsmax TV on their local cable channel.

Newsmax TV is in over 60 million cable homes via:

- ▶ DISH 216
- ▶ DirecTV 349
- ▶ AT&T U-verse 1220
- ▶ Verizon Fios 615
- ▶ Spectrum — check your local listings
- ▶ Comcast . . . coming soon!

Or more options: [NewsmaxTV.com/FindUs](http://NewsmaxTV.com/FindUs)

### Don’t get Newsmax TV on cable?

Call your local cable system, tell them you want Newsmax TV! Call **844-500-6397** and we’ll connect you!

**VIAGRA MAY DAMAGE COLOR VISION**

High doses of sildenafil citrate, the erectile-dysfunction drug sold under the name Viagra, can cause retinal damage that may be irreversible, according to a study published in *Retinal Cases and Brief Reports*. Viagra can cause vision problems with normal dosages, like disturbances in color vision, but they normally resolve within 24 hours. But large doses can damage the outer retina, causing vision problems similar to hereditary retinal disease such as retinitis pigmentosa or cone-rod dystrophy. “People live by the philosophy that if a little bit is good, a lot is better,” says lead investigator Richard Rosen. “This study shows how dangerous a large dose of a commonly used medication can be.”



**CELL PHONES AFFECT TEENS’ MEMORIES**

A Swiss study found that exposure to radiofrequency electromagnetic fields (RF-EMF) emitted by cell phones appears to harm the figural memory performance — the ability to understand images, shapes, and patterns — in adolescents who

used cell phones for at least a year. Because figural memory resides in the right hemisphere of the brain, teens who use their right ears are the most affected. Researchers at the Swiss Tropical and Public Health Institute linked memory scores to how often and how long the teens used cell phones.

**DAILY TIPPLE SLASHES DEMENTIA RISK**

Drinking a daily glass of wine can halve the risk of developing dementia in the future, says a study published in the *British Medical Journal*. French researchers found that teetotalers during middle age had a 47 percent increased risk of developing dementia compared with those who drank from one to the recommended weekly limit of 14 units (each unit is equal to 175 ml or about four ounces). The researchers also suggested that moderate amounts of alcohol lowered the risk of heart attack and stroke.

**BREAST IMPLANTS UP RISK FOR AUTOIMMUNE DISEASES**

Silicon breast implants increase the risk of several autoimmune diseases including rheumatoid arthritis. A study from The University of Texas MD Anderson Cancer Center, Houston, found that implants increased by eight times the risk of Sjogren’s syndrome, a disorder characterized by dry mouth, dry eyes, and difficulty swallowing. The risk of scleroderma, a condition characterized by hardening and tightening of the skin and connective tissues, was increased sevenfold, and the risk of rheumatoid arthritis increased sixfold. Implants were also associated with a risk of deadly

melanoma that was four times higher than normal.

**SOY FORMULAS AFFECT BABIES’ REPRODUCTIVE SYSTEMS**

Scientists from Children’s Hospital of Philadelphia say that babies given soy-based formulas as newborns have differences in some of the tissues of their reproductive systems compared to those who were breastfed or drank a formula based on cow’s milk. The differences were attributed to subtle responses to estrogens. Soy contains high amounts of genistein, an estrogen-like compound which can alter the body’s endocrine system and possibly interfere with normal hormonal development. Previous studies had found that genistein causes abnormal reproductive development and function in rodents.

**HEALTHY PEOPLE HAVE GLUCOSE SPIKES**

Glucose levels above or below optimal can damage organs, but Stanford University researchers found that “normal” blood glucose levels in healthy people can be much higher than the levels commonly assumed to be ideal. Continuous glucose monitoring, which is normally only used to monitor diabetics, found that people can be classified into three glucose behaviors: those whose glucose doesn’t vary much (low), those who spike often (severe), and those in between (moderate). Researchers were surprised by how often healthy people had blood sugar spikes in the diabetic range and believe that by finding out why some people spike can keep them healthy in the future.

## MARITAL SPATS THREATEN GUT HEALTH

Nasty fights between married people increase their risk of leaky gut, finds a study from Ohio State University. The condition causes the lining of the intestines to become more permeable, which allows bacteria to enter the blood and increase disease-causing inflammation. “We think that this everyday marital distress — at least for some people — is causing changes in the gut that lead to inflammation and, potentially, illness,” said lead author Janice Kiecolt-Glaser. The study was conducted in people who were an average age of 38, and the researchers believe the negative results would even be more acute in older people.

## MILK AT BREAKFAST LOWERS GLUCOSE

Start the day off by including milk at breakfast in order to help reduce blood glucose levels throughout the day and manage Type 2 diabetes, says a randomized, double-blind placebo study published in the *Journal of Dairy Science*. Researchers found that high-protein milk combined with breakfast cereal reduced blood glucose during the day as well as increased feelings of fullness. “Nutritionists have always stressed the importance of a healthy breakfast, and this study should encourage consumers to include milk,” said researcher H. Douglas Goff.

## DOG WATER BOWLS POSE DEADLY RISK

Dogs’ water bowls can contain deadly bacteria, say researchers from the United Kingdom’s Hartpury College. They found that harmful

bacteria thrived best in cheap plastic bowls, but the most dangerous types — *E. coli*, salmonella, and MRSA — were found most frequently in ceramic bowls. “It’s clear that dog water bowls pose a disease risk to both human and animal health,” said study co-author Aisling Carroll. The researchers urged cleaning water bowls thoroughly on a regular basis.



## GOLF: GOOD FOR MIND, BODY, AND LONG LIFE

A growing body of evidence finds that playing golf is not only good for the body and mind, but it may also extend life, says a study published in the *British Medical Journal*. A review of 342 studies found that playing golf regularly — especially walking the course rather than using a golf cart — reduces the risk for heart disease and stroke, and increases longevity. The sport was also associated with improved strength and balance in seniors as well as good mental health.

## CRASH DIETS INCREASE BELLY FAT

Crash diets cause short-term changes in the body that may lead to long-term health

consequences, says a study released by the American Physiological Society. Female rats ate a diet that contained 60 percent fewer calories than their normal diet — the human equivalent of going from 2,000 calories a day to an 800-calorie diet. The diet quickly caused a decrease in body weight, blood pressure, heart rate, and kidney function, but all returned to normal when the rats resumed their typical eating patterns. But three months after the diet ended, they had accumulated more abdominal fat than control animals.

## SAUNAS REDUCE DEMENTIA

Saunas have many health benefits including reducing the risk of dementia and hypertension, says new research published in *Mayo Clinic Proceedings*. Men who took frequent sauna baths (four to seven times a week) reduced their risk of dementia by a whopping 66 percent, and high blood pressure by 47 percent. Saunas also improved lung function as well as the pain and symptoms associated with arthritis and fibromyalgia.

## GASTRIC BYPASS INCREASES FRACTURE RISK

Having a gastric bypass operation raises the risk of fractures by about 30 percent, says a study published in the *Journal of Bone and Mineral Research*. Swedish researchers didn’t find a relationship between fractures and the amount of weight loss, nor with a lack of calcium and vitamin D supplementation following surgery. However, researchers found an increased probability of falls, which may contribute to the increased risk of fractures. □



# Bright Future for Hyperbaric Oxygen Therapy

By William S. Maxfield, M.D.

The more we learn about hyperbaric oxygen therapy (HBOT), the better the chances that the treatment will be prescribed more often in the United States and around the world.

Given the increased use of SPECT scans that document the improvements before and after the procedure, hyperbaric oxygen therapy is poised to be adopted by mainstream medicine, hopefully in the near future.

I have no doubt that it can and will help even more people with ailments such as:

**Traumatic brain injuries and wounds.** HBOT will become a large part of emergency room treatment for traumatic brain injuries and wound healing. The ability to treat acute brain injury and severe wounds is unparalleled. Traditionally trained doctors are discovering that when used soon after surgery, HBOT can reduce or eliminate postoperative inflammation.

**Stem cell therapy.** One of the most exciting advances for hyperbaric medicine is with stem cell therapy. We know that HBOT by itself can increase the stem cell population, which many scientists believe is the reason for the accelerated healing process that occurs when using hyperbaric oxygen therapy. The increase in stem cells might also contribute to the benefits of HBOT and stem cell therapy in spinal cord injury patients, who in other countries are reportedly walking after paraplegia. From the stem cell conferences that I've attended, an obstacle has been the low rate of integration

for implanted stem cells. By using HBOT, we can enhance that integration, which will improve patient outcomes in the near future.

**Birth injuries.** There is huge potential for hyperbaric therapy when treating neonatal injuries, including premature babies and infants with a blue complexion caused by a lack of oxygen in the blood. Blue babies can be the result of a congenital defect of the heart or major blood vessels. HBOT is now being used in other countries for women who have had miscarriages. When given HBOT during their third trimester, these miscarriage-prone women are developing and maintaining healthy fetuses. This treatment in humans is based on the use of HBOT in horses that have not had successful pregnancies.

**Aging.** As we age, many of us lose some of our brain reserve. There is scientific evidence that HBOT can help improve cognitive function in the elderly, and with treatment, hopefully keep people out of nursing homes.

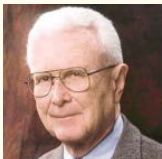
**Precision medicine.** So-called precision medicine is a growing trend in which doctors make treatment decisions tailored to the individual patient in a way that has not been fully utilized in the past. This is done by collecting data on the effectiveness of treatment programs and taking extensive family histories to help prevent and predict diseases in some patients. With these data, doctors should be able to determine how effective drugs actually are. In fact, many drugs on the market are not nearly as effective for some people as the preliminary approval for the medication has indicated.

Modern technology allows healthcare practitioners to perform genetic testing quickly and at a reasonable cost, and the more this is done, the lower prices will become. This technology will ultimately shift medical treatment decisions toward a more holistic approach.

Traditional medicine today tends to treat the symptoms rather than the underlying causes of those symptoms.

Once you pinpoint the cause of a problem, you can eliminate the symptoms, which, in my experience and opinion, is a far more valuable and effective approach to medicine. □

**Dr. William S. Maxfield, M.D.**, is a board-certified physician in hyperbaric medicine, radiology, and nuclear medicine. He is one of the nation's foremost experts in hyperbaric medicine. He has served on the faculties of the Johns Hopkins School of Medicine, Tulane University School of Medicine, and LSU Medical School. He also has served as the chief of the Radioisotope Laboratory at the U.S. Naval Hospital in Bethesda, Md. He currently is in private practice in the Tampa Bay, Fla., area.



# Prebiotics: Dietary Fiber Crucial to Your Wellness

By now, most people have heard about probiotics, the beneficial bacteria found in yogurt and other fermented foods that optimize the body's microbiome to keep us happy, healthy, and regular. But lots of Americans have never heard of prebiotics, which nourish probiotics.

"Prebiotics provide a source of 'food' for the good bacteria found in your digestive tract," explains registered dietitian Alissa Rumsey.

And there's quite a crowd to feed. We actually have 10 times more microbes in our bodies than human cells, but they are so tiny they make up less than 3 percent of our body weight. Most of these organisms live in the large intestine and are commonly called gut flora. Scientists now believe they play an enormous role in our health.

"A balanced microbiome is linked to better digestion, improved immune function, and a lower risk of many chronic conditions, including depression and anxiety," Rumsey, founder of Alissa Rumsey Nutrition and Wellness, tells *Health Radar*. "If we don't have enough good gut bacteria, we may not be able to absorb nutrients from food as well. Impaired gut flora can also increase inflammation in the body."

So it's important to have a wide variety and good balance of bacteria, which you can get by eating a healthy diet including fermented foods such as yogurt, sauerkraut, pickles, and kimchi, which have beneficial bacteria.

But it's also important to keep them well fed, and that's where prebiotics come into play. They are foods that are high in various forms of fiber, which is basically the stuff we don't digest. So when it reaches the colon, the bacteria there feast.

Here are eight of the best prebiotic foods, which are best eaten raw:

**Chicory root.** Often used as a coffee substitute, chicory is one of the richest sources in a type of fiber called inulin, which beneficial bacteria love. Inulin extracted from chicory root is used in many high-fiber and gluten-free products. It can relieve constipation, boost bile production to aid digestion, and even help protect the liver from oxidative stress.

**Apples.** An apple a day keeps the bad bugs away. The fiber pectin in this most common of fruits produces butyrate, a short-chain fatty acid that not only feeds the good bacteria, but also inhibits the growth of the bad ones. Apples are also high in antioxidants and anti-inflammatory agents, help balance cholesterol levels, and reduce risk for some forms of cancer.

**Garlic.** Along with its allium family cousins, leeks and onions, garlic is rich in both inulin and another potent sugar-based fiber called fructooligosaccharides (FOS). It promotes the growth of beneficial bifidobacteria and also boosts the immune system, has anti-cancer properties and gives great flavor to food.

**Dandelion greens.** Now you know what to do with those annoying weeds in your lawn. Or just pick up a bunch at your local health food store. The leaves pack a lot of fiber along with loads of vitamins and minerals, especially vitamin K. Blanch them for 20 seconds to ease some of the bitterness and mix with other greens in your salad, or use in a sandwich.

**Asparagus.** These green spears are packed with not only fiber but also B vitamins and antioxidants. Most people don't eat them raw, but one palatable way is to use them like celery for dips. You can also marinate them in a little Italian dressing or ferment them. If you must cook them, lightly steam, leaving some crunch.

**Jerusalem artichokes.** Also known as the "earth apple," it rivals chicory root as a top source of prebiotic fiber. You can grate them for salad toppings. Although best eaten raw, you can still get a lot of their benefits by including them in soups and stews.

**Bananas.** Gut flora go ape for bananas, especially green ones. For best results, just peel and eat, and reap that healthy FOS fiber and a host of other nutrients, including much-needed potassium.

**Oats.** This superfood has plenty of beta-glucans and resistant starch, which those beneficial bacteria love to gobble up. Don't waste your time with the processed instant variety of oatmeal. Go for the steel-cut variety — and top it with berries for an antioxidant kick. □

## Vaccine Checks Aggressive Cancers

A personalized vaccine created from the patient's own blood cells kept several aggressive cancers at bay in more than half of the patients who participated in a small trial conducted at the U.S. National Cancer Institute. Researchers modified immune cells to create a vaccine that targeted HER2-positive cancers. These cancers test positive for a protein — human epidermal growth factor receptor 2 or HER2 — that stimulates the growth of cancer cells and increases the odds the cancer will spread to other parts of the body. HER2-positive cancers include breasts, bladder, ovaries, stomach, and colon. In all, 54 percent of patients given the vaccine showed a positive response, and the vaccine was safe and caused no side effects. Researcher Otis Brawley said there are plans to combine the new vaccine with drugs called checkpoint inhibitors, which thwart cancer's ability to suppress the immune system, allowing cancer-killing white blood cells called T cells to seek out and destroy cancer cells while avoiding healthy cells.

## Aging Process Reversed in Human Cells

For the first time, scientists have reversed aging in human cells. Researchers believe that aging is a result of an accumulation of senescent cells, older cells that have deteriorated and stopped dividing. "This is not just an effect of aging, it's a reason why we age," said Lorna Harries of the University of Exeter Medical School. "We used to think age-related diseases like cancer, dementia, and diabetes each had a unique cause, but they actually track back to one or two common mechanisms." As we age, the number of proteins called "splicing factors" decline and become less capable of switching genes off and on to fight disease. Researchers increased the number of splicing factors by exposing mitochondria to chemicals that

released small amounts of hydrogen sulfide. "Nearly half of the aged cells showed signs of rejuvenating into young cell models," said Harries, who hopes to eventually remove senescent cells in living people, which may treat multiple age-related diseases including Alzheimer's.

## Test Screens for All Bacterial Infections

Scientists at Columbia University Mailman School of Public Health have developed a test that screens for all known bacterial infections as well as detecting markers for virulence and antibiotic resistance. Currently, the most advanced tests can only screen for up to 19 pathogenic bacteria, and none can assess virulence and antibiotic resistance. Researchers claim the BacCapSeq diagnostic test was 1,000 times more sensitive than traditional tests, and was as effective as those that screened one bacterium at a time. "Once approved for clinical use, BacCapSeq will give physicians a powerful tool to screen for all known pathogenic bacteria, including those that cause sepsis," says researcher Orchid M. Allicock. The most common test for sepsis can take three days. It takes even longer to get information on bacteria resistance. "Accurate, early differential diagnosis of infectious diseases and knowledge of drug sensitivity profiles will reduce mortality, morbidity, and costs," said John Snow, Professor of Epidemiology at Columbia University Mailman School of Public Health.

## Universal Flu Vaccine Under Development

A universal flu vaccine is one step closer to reality, say researchers from the Perelman School of Medicine at the University of Pennsylvania, who have developed a vaccine that protected mice from a variety of flu strains. They believe it has the potential to be a universal flu vaccine that, similar to a tetanus vaccine, could be given a few times over a lifetime to maintain protection. The new vaccine takes aim at parts of flu viruses that don't mutate, and mimics an influenza virus which stimulates the body's immune system to attack it. Researchers found that response to the vaccine didn't diminish but grew stronger over time. "If it works in humans even half as well as it does in mice, then it could be something that everyone uses in the future," said researcher Scott Hensley. □

### Exclusive to Current Subscribers

Current subscribers have instant access to any and every past edition of **Health Radar**.

Simply go here: [healthradar.newsmax.com](http://healthradar.newsmax.com)

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



# His 'Tax Loophole' Can Make Your Fortune!

**P**resident Trump's new tax law is fully effective and millions are finding out about the little-known 'Trump Tax Loophole.'

This new loophole will save taxpayers who use it billions in taxes – and slash their personal taxes by 20 percent!

This loophole can be used by anyone if they follow several simple steps – dropping everyone's effective tax rate. The highest income-earners can see their tax rate drop to a shockingly low 29 percent!

The Tax Loophole is detailed in the new bestseller *The Trump Tax Cut* by renowned tax expert Eva Rosenberg.

*The Trump Tax Cut* is your guidebook to the biggest tax cut in history. But you need to find out how the law works to get its benefits.

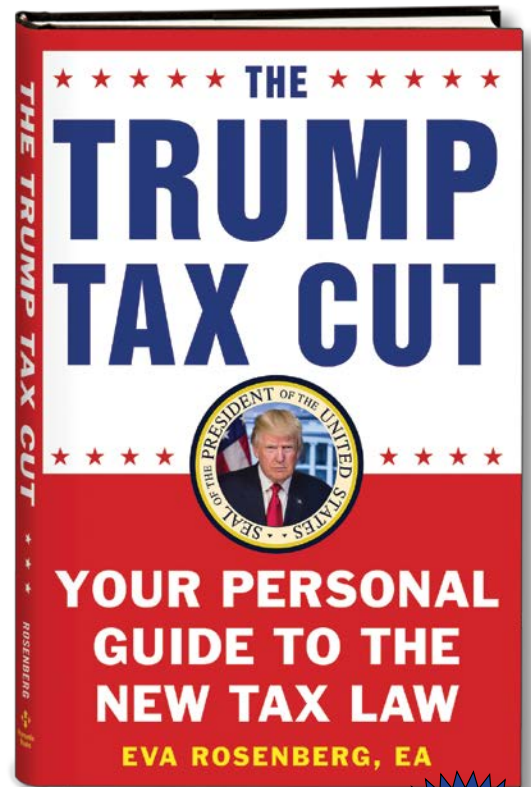
## #1 Big Loophole You Must Know!

Here's the deal: Trump slashed corporate rates to 21 percent, but personal income taxes not so much — to 35 percent for the highest-income level.

But Trump gave you a secret "trap door" for lower taxes.

If you're an independent contractor or small business person (many employed people can change their status!) there is a special deduction of 20 percent of your income that makes your effective rate just 29 percent!

Already hundreds of thousands are taking advantage of this loophole. Anyone can grab it but there are requirements, so get *The Trump Tax Cut* for all the facts!



## More Tax-Saving Secrets You'll Find:

- **The ALL-NEW change that will instantly help 70% of Americans!** Chapter 1 explains how easy it is to cash in.
- Get a 100 percent write-off buying a new business car your first year! See Tip #61.
- **Get the government to help pay your energy bill. Tip #30 is HUGE!**
- The most overlooked tax deduction many accountants don't even know. Tip #5.
- **How you can still deduct the mortgage interest on TWO homes! Tip #12 reveals the details.**
- **ALL NEW!** Take \$10,000 of distributions from 529s to help cover the cost of home schooling. Tip #184
- is a real Godsend.
- **Do you drive for Uber or use your car for work? Tip #78 steers you to the biggest deduction.**
- Get more money back for each qualifying child you have under 17. Chapter 1 shows you how.
- **A better way to save for college. Tip #168 could help millions.**
- 13 tax no-nos that could trigger an audit. The full list and explanations are yours in Chapter 12.
- **ALL NEW!** Deduct more for medical expenses! The threshold for medical expenses plummets by 25%!
- Collect rent payments
- the IRS doesn't count as income. Tip #43.
- **Why you should never, ever donate your car no matter how worthwhile the organization. Tip #111.**
- 3 deductions that usually
- slip right past the IRS. This is Tip #1 for a reason!
- **And hundreds more tax deductions, tips and loopholes!**
- **The Trump Tax Cut will help you maximize your deductions for 2018 & 2019!**

**FREE OFFER — SAVE \$20!**

Get **THE TRUMP TAX CUT** in bookstores everywhere or check out the **FREE OFFER — and save almost \$20!**

**Order Online:**  
**Newsmax.com/TaxBill**

**Or By Phone:**  
**(800) 815-5640**

See Website for terms, conditions, and eligibility for this offer.