



The Blaylock Wellness Report

Living a Long, Healthy Life

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November 2007

Vol. 4, No. 11

Key Points

- Food allergies occur suddenly – within minutes to hours of ingesting offending foods
- Food intolerances occur gradually, but can be serious nonetheless
- Soy, cow's milk, eggs, legumes, fish and nuts are common foods that result in allergies
- Symptoms include swollen tongue, tightness in the throat, diarrhea, nausea, and vomiting
- Proper testing and diagnosis are key to treating and curing allergies
- Food allergies can contribute to chronic ear infections

PLUS

- More reasons to eat your broccoli
- News for antioxidant use

ASK DR. BLAYLOCK

- Lupus help; concerns for aluminum absorption

Are You the Victim of Hidden Allergies?

Are you allergic to certain foods? Do you even know?

It might surprise you to find out that many people experience symptoms of food allergies, or intolerances – without full-blown allergy attacks – yet attribute these symptoms to other maladies. This is done with the approval of their doctors, who are more than willing to write prescriptions rather than take time to properly diagnose.

What can you do to determine whether you have food allergies or intolerances? Be diligent – proper testing and diagnosis are key.

Most people think of food allergies as reactions to certain foods causing obvious symptoms, such as stomach pains, itching, swelling of the face and lips, and red, raised, angry-looking skin rashes.

As a description of food allergies, this is accurate.

Yet for the majority of people reacting to foods – some 30 percent of all Americans – more subtle and often unassociated symptoms and signs occur. These can include joint pain, fatigue, clouded thinking, psychiatric illnesses, and even severe neurological disorders.

These symptoms, which the sufferer usually never even connects with food, are called food intolerances.

Problems with intolerances and even with allergies can be difficult to identify. Just because you can eat a certain food without having to call emergency services doesn't mean it isn't ultimately going to cause you serious harm.

I remember a patient of mine, when I was practicing neurosurgery, who came in with his wife for his final post-operative visit.

After the exam, his wife turned to me and said, "Can I ask you a question that has nothing to do with neurosurgery?" She then proceeded to tell me about her grueling trials with her little girl's severe colic, which included sleepless nights and a great many emergency room visits. None of the drugs the child was prescribed helped.



I asked about her diet. She replied that, among other foods, her daughter drank cow's milk. In fact, she loved milk. I suggested that she switch the child to goat's milk. Since this was her husband's last visit, it was over five years before I saw her again, this time while out shopping.

She approached me and said, "I don't know if you remember me, but I asked you about my child's colic many years ago." She told me that she bought the goat's milk the day of her husband's final office visit, and the little girl never had a day of colic since.

Now, here is a poor mother and child who suffered terribly, to say nothing of the enormous hospital and medication expenditures, and the problem was easily solved. Her doctors never even considered a milk allergy, even though it is one of the more frequent food allergens.

Why Food Reactions Strike Some, Not Others

The human digestive system, though frequently taking a back seat to the more exotic organs of the body such as the heart and brain, is in fact a very complex and amazing organ.

The surface area of the intestines, if laid out flat, would cover a football field. It requires this much surface area to absorb all the food we wolf down every day.

It is also important to realize that the gastro-intestinal (GI) tract is one of the few places in the body where the inside is exposed directly to substances from the outside world.

Water, food, swallowed air, and assorted non-nutrient junk foods pass through us from the contaminated outside environment every day. This poses a real danger.

The body has an incredible and complex way to protect itself from internal contamination.

For instance, the cells lining the GI tract are all jammed closely together, preventing larger particles, such as whole foods or partially digested foods, from getting into our blood stream.

Should they get in, our immune system is alerted that an invader has entered and treats it the same way it would a germ — by an immune reaction.

One of the more important ways the body protects itself is by using the immune system.

Very early in life, the body lets the immune system know what food components to allow, something we call tolerance.

This process of educating our GI tract's immune system is critically related to the presence of friendly bacteria, called probiotics, in the intestines, which occurs soon after birth.

One of the dangers of giving babies antibiotics is that they kill off the friendly bacteria and interfere with the development of food tolerance. This sets the child up for food allergies or intolerances later in life.

Without exception, every time antibiotics are given, probiotics should also be given.

Seventy percent to 80 percent of the functioning immune system is within the GI tract, a system called gut-associated lymphoid tissue (GALT).

The cells lining the body cavities, GI tract, and respiratory system secrete a very important antibody called IgA, which not only protects us from harmful invaders but also regulates the tolerance system.

When all of these elements are working as they are supposed to, we remain free of food allergies and intolerances.

Food Allergies Can Be Lethal

Food allergies differ from intolerances in that they are usually immediate, occurring within hours of ingesting the offending food, and appear with a sudden, almost explosive, onset.

These immediate immune reactions use an antibody called IgE, for which one can test. The old method of skin testing utilizes this immunoglobulin but is very unreliable. The RAST test (radioallergosorbent test) also tests for IgE.

With a food allergy, there are one or more obvious symptoms:

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- stomach cramping
- diarrhea
- red, raised rashes (urticaria)
- eczema
- nasal congestion
- wheezing
- swelling of the face

Symptoms develop within minutes to an hour of ingesting the offending food.

Some reactions can cause rapid collapse and even death, such as we commonly see with peanut and seafood allergies.

The symptoms caused by food allergens occur when the IgE immunoglobulin (a class of antibodies) interacts with mast cells (cells that contain histamine and heparin) and releases large amounts of histamine, inflammatory cytokines and other irritating chemicals.

These chemicals cause the blood vessels to leak fluid and cause swelling (edema). This phase of the reaction is followed by activation of the eicosanoid system, which consists of hormones that regulate body functions. This worsens inflammation.

The eicosanoid system is the target of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen.

Food Intolerances Can Cause Delayed Reactions

Food intolerances differ from true allergies in that they can be delayed days, weeks, and even months after exposure to the offending food.

In addition, they cause symptoms that are usually not considered to be connected with reactions to foods, such as joint pains, severe fatigue, muscle pains, irritability, hyperactivity (resembling attention deficit hyperactivity disorder, known as ADHD), chronic migraines, and a host of neurological disorders.

Most doctors miss the connections between these reactions.

Instead, they usually prescribe an endless number of prescriptions to treat symptoms. The mainstay of food allergy testing, until recently, has been the skin test.

Not only is the test painful and dangerous, it is highly inaccurate, missing many food allergies and *all* food intolerances.

Common Foods That Trigger Allergic Responses

Although almost any kind of food can be problematic for someone in a given population. Here are some of the most common foods that result in allergies:

- soy
- cow's milk
- eggs
- legumes
- fish and shellfish
- cereals (gluten and gliadin)
- nuts

Many people become severely debilitated by food intolerances.

Like food allergies, a person can react to a number of foods and spices, not just to one. I have seen people allergic and intolerant to so many foods that living on another planet would be beneficial.

Unlike food allergies, intolerances involve another type of immunoglobulin called IgG.

IgE usually disappears from the blood in a matter of days, whereas IgG can persist for months, and in some instances, as long as a year.

IgG can also perform a trick that can cause sickness for prolonged periods.

It tends to bind to the food component protein (or to lipids) and become implanted in tissues, where it hangs around for months or years after a single exposure to the offending food.

These nasty immune particles are called "immune complexes." They are seen in a number of autoimmune diseases, such as lupus and rheumatoid arthritis, and explain why food reactions can worsen these diseases.

If the immune complex ends up in your joints, you will suffer terrible arthritic pains in one or more joints. This form of arthritis does not respond well to medications.

Similarly, immune complexes in muscles cause muscle pain and debilitating fatigue.

The most accurate way to test for food intolerances is by using the ELISA test (enzyme-linked immunosorbent assay), which tests for both IgE and IgG.

Impact on the Neurological System

Most people are not aware that reactions to certain foods can also cause significant, and often crippling, neurological damage, and food reactions do their dirty work in a way different from other sources of brain and nerve damage. When the immune system of the body is activated, the brain's special immune system, called the microglial system, is also activated.

When the microglial system swings into action, especially for prolonged periods, we can become quite sick, something that has been labeled "sickness behavior."

All of us have experienced this "sickness behavior" when we develop a viral illness, such as the flu. We feel listless; it's hard to think; even our memory is affected. We feel like our mind is encased in a swirling cloud — a so-called brain fog.

These neurological symptoms are caused by a combination of the brain's immune system becoming activated and excitotoxicity, each enhancing the other's damaging effects.

Studies have shown a correlation between the number of viral infections over a lifetime, especially if prolonged, and the risk of Alzheimer's disease. That is because each of these infections results in a certain amount of brain injury.

Food allergies and intolerances can also activate the brain's immune-excitotoxic reaction, just like viruses. This activation leads to trouble thinking (brain fog), as well as neurological and even psychiatric disease. In fact, reactions to gliadin and glutenin, substances found in wheat, rye, and barley as well as a number of processed foods, can trigger severe neurological disorders even in small doses.

Tests have shown that 100 percent of schizophrenics demonstrated allergies or intolerance to gliadin and gluten when tested. When they were removed from the diet early in the course of the disease, most experienced a complete recovery.

Allergies to milk were also common.

One of the most common immune reactions to gluten is celiac disease, a digestive disorder that interferes with the absorption of nutrients from food. It is often associated with neurological symptoms, especially ataxia, which is a severe loss of balance and coordination.

While most doctors assume that all cases of celiac disease have GI complaints, a recent study found that only 13 percent of celiac patients whose brains were severely affected by the disease experienced any clinical GI problems. What this means is that most doctors never consider food sensitivity as the cause of this serious neurological disorder.

Food sensitivities also can cause seizures, difficulty thinking and remembering, depression, suicide, violence, irritability, hyperactivity, and even obsessive-compulsive disorder (OCD).

I remember meeting a physician at a meeting who told a group of us that he had difficulty thinking for years and always felt he was in a fog. After years of medical workups and a fortune spent on prescription drugs, he discovered, by clinical blood testing, that he was allergic to eggs.

He removed them from his diet, and within a few weeks his mind cleared.

There is growing evidence that a significant number of children with attention deficit disorder (ADD) and especially attention deficit hyperactivity disorder (ADHD), are suffering from food allergies. Instead of seeking the real cause of their behavior, our "experts" and school officials insist on drugging these children with dangerous psychotropic medications.

For example, I have a physician friend who told me of a young patient he was seeing for ADHD at the time it was first becoming the rage of the educational establishment.

The child was sent to him by the school nurse to get a prescription for Ritalin. As usual, the mother was told that her disruptive child would have to be on Ritalin or he could not attend school.

Instead of immediately prescribing the drug,

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my friend tested the child for food intolerance, and found that he was intolerant to several foods. The mother eliminated the offending foods from the child's diet and like a miracle from heaven, he became calm.

He made excellent grades and was a model student without the use of Ritalin. The teacher, not knowing that the child did not take Ritalin, told the mother, "See, I told you your child needed Ritalin!"

It is likely that a great number of children diagnosed as ADHD actually have food allergies or intolerances. A pediatric neurologist named Dr. Joseph Edgar found that 90 percent of ADHD children examined had food intolerances. Ritalin and the amphetamine-type drugs can cause long-term brain injury and, if given during periods of major brain development, can result in abnormal brain formation.

It's also possible that by dumbing down restless children with psychotropic drugs, we are eliminating our most creative young minds.

Most ADHD kids also suffer from hypoglycemia. Hypoglycemia has also been linked to abnormal and even criminal behavior. Studies have shown that exposure to food allergens can precipitate hypoglycemia, making a strong link between the two.

Allergies and Chronic Ear Infections

It is estimated that middle-ear infections (otitis media) are responsible for 40 percent of

Symptoms of a Reaction

It's important to understand what a food allergy is. How can you tell if you're experiencing an allergic reaction? You might experience a runny nose, an itchy rash, or swollen or tingling lips. An allergic reaction might be instantaneous or it could take hours to manifest. Here are some of the most common signs:

- swollen tongue
- tightness in the throat
- diarrhea
- wheezing
- nausea
- vomiting
- stomach pains

visits to the pediatrician in children ages 2 to 4. If recurrent, this is usually treated with ear tubes, which are inserted in the eardrums to ventilate and equalize pressure. In 2003, about 2 million ear drainage tubes were inserted.

Two leading culprits, food allergies and high sugar consumption, are associated with ear infections (otitis media). The use of antibiotics to treat these infections worsens the problem by destroying the probiotic organism in the child's intestines. Remember — these probiotics regulate the GI tract immune system and prevent it from overreacting.

Studies have also shown that certain nutritional supplements, especially vitamins C and E, selenium, and omega-3 oils, significantly reduce the number of ear infections, which reduces the need for antibiotics.

Food allergies and intolerances are also related to asthma and eczema.

Leaky Gut Syndrome

One way the body protects itself from food reactions is by blocking direct entry of offending foods. This is accomplished by jamming the cells lining the GI tract very closely together, thus forming a barrier.

Partially digested foods then must either pass through regulated channels, or must enter the cells themselves for further breakdown into non-reactive (non-antigenic) particles.

Sometimes, when this barrier is defective, it allows larger reactive food particles and bacteria to enter the bloodstream, where they are attacked by the immune system. This is called leaky gut syndrome. This breakdown of the gut's barrier can result in a number of problems such as joint pains, inflammatory bowel diseases, chronic fatigue, autoimmune disorders, and other signs and symptoms of food intolerance.

Leaky gut syndrome has been associated with a number of conditions:

- celiac disease
- chronic fatigue syndrome
- cystic fibrosis
- dermatitis herpetiformis (blistered, itchy skin)
- eczema
- food allergies and intolerance

- hyperactivity (ADHD)
- irritable bowel syndrome
- multiple chemical sensitivity
- psoriasis
- rheumatoid arthritis
- system lupus erythematosus
- hypoglycemia (causes hyperactivity)

Often, leaky gut problems co-exist with other conditions, such as diabetes, autoimmune diseases, and intestinal infections, including Candida. Once the gut barrier is open, harmful bacteria and yeast can enter the bloodstream,

Antioxidants — the Key to Fighting Cancer

Antioxidants are powerful cancer fighters. One of the most important antioxidants is a substance called glutathione. It is present in every cell in the body, and low levels are associated with higher rates of several types of cancer. Conversely, when glutathione levels are high, cancer rates are low. Nutritionally, there are several ways to increase glutathione levels.

VITAMIN C: Adequate intake requires 1,000 milligrams of buffered ascorbate twice a day, to be taken on an empty stomach. That's because vitamin C greatly enhances iron absorption from all foods — and iron is a cancer-growth stimulant.

N-ACETYL-L CYSTEINE (NAC): This chemical supplies one of the chief building blocks of glutathione-cysteine. A number of studies have shown that it is a safe and efficient way to bolster glutathione levels in cells.

FLAVONOIDS: Research indicates that eating a wide variety of fruits and vegetables can raise levels of glutathione in cells. Such foods include Brussels sprouts, broccoli, cauliflower, cilantro, parsley, celery, kale, greens (turnip, collard, and mustard), spinach, tomatoes, blueberries, cranberries, raspberries, and carrots.

Reduced glutathione is also available as a supplement, but generally it's poorly absorbed.

triggering an even greater immune reaction and subsequent inflammation, throughout the body.

Reactions are often determined by the amount of the offending foods eaten. For example, you might get away with eating a small amount of ice cream, but eating a lot every day will trigger a reaction. This volume factor is not always true, especially for those with gluten or gliadin intolerance, where even incredibly minute amounts can trigger severe neurological reactions, as in the case of schizophrenia.

Another factor is the amount of digestive enzymes a person produces during the process of ingesting a meal. For the food intolerant person, taking additional digestive enzymes as a supplement can often avert an attack and even reduce long-term food intolerance reactions.

As would be expected, the leaky gut syndrome not only triggers immune reactions but can aggravate pre-existing immune disorders. Bacteria and fungi (Candida), as well as food particles, enter the blood stream from the gut and also cause immune reactions. For example, people with rheumatoid arthritis were found to have a much higher incidence than normal of immune reactivity to the gut bacteria *Proteus mirabilis* and *Klebsiella pneumoniae*.

The same thing happens in Crohn's disease, an inflammatory gut disorder. The disease itself results in leaky gut, and bacteria leaking into the bloodstream worsens the condition by jacking up the immune response.

In one study, 63 percent of patients with leaky gut syndrome, versus 8 percent of controls, had IgG antibodies to E.Coli, a common bacteria found in the gut. Some 42 percent also had antibodies to yeast organisms.

In such cases, the gut's bacteria and the food intolerances drive the inflammatory gut reaction, making the disease worsen and persist. It might also explain why probiotics seem to be so beneficial, because they reduce the growth of these harmful bacteria and help control the immune system.

What Causes Leaky Gut Syndrome?

A great number of factors and conditions can result in the leaky gut syndrome, and many are related to common medical treatments.

Unfortunately, they are never considered to be culprits by many physicians.

The most common include:

- Food allergies and intolerance
- A number of drugs, including: NSAIDs, aspirin, chemotherapy, stomach medications (h2 blockers) and steroids
- Chronic alcohol consumption
- Chemical sensitivity
- Chronic stress
- Dysbiosis (abnormally low levels of probiotics and overgrowth of bad organisms)
- Physical injury (radiation, trauma, etc.)
- Infections, especially if chronic
- Inadequate digestive enzymes
- Nutritional deficiencies

The most accurate tests for leaky gut syndrome use large sugar-type molecules that are not normally absorbed by the gut, such as lactulose, and a smaller molecule that is absorbed called mannitol. These are given as a drink. At a specific time, urine is collected and tested for the presence of these sugars.

Very little of the lactulose should end up in the urine sample. If a lot spills into the urine, it means the gut is leaky. If the mannitol is poorly absorbed (indicating malabsorption), little will end up in the urine. In this way one can test for both conditions.

Prevention and Treatment

So, what can be done? Begin early. For children, it is important to allow your child to develop normal tolerance to foods. To do this, it is best to rely on breast-feeding only for the first year. That means no table foods.

It has also been shown that there is a difference in the gut flora (bacteria in the baby's gut) when comparing a C-section baby and one born naturally. If your child is born by C-section, it may be wise to add some infant probiotics to a small amount of breast milk in a bottle over a

week's time.

Feeding table foods during the first six months of life, especially eggs and/or cow's milk, is associated with a high incidence of subsequent food allergies to these two foods.

Likewise, most table foods contain a number of food additives, many of which have been associated with allergies and a number of health problems, including headaches, impaired brain function, digestive problems, joint pains and behavioral problems. Presently, there are over 3,000 flavors and dyes being used in the foods found on your grocer's shelves.

Of particular concern is the presence of high levels of glutamate in table foods (in the form of MSG, caseinate, hydrolyzed proteins and soy proteins), which has been shown to cause abnormal development of the brain as well as other problems, including asthma. You may recall from an earlier newsletter that MSG exposure early in life can lead to gross obesity in childhood.

For the adult, the first step is to diagnose the problem. This can be done using a number

of laboratories that test for as many as 94 food antigens plus a number of spices. Newer tests even use a "finger-stick" method that can be done at home.

Once the diagnosis has been made, the offending food or foods must be eliminated from the diet. In the case of some foods, such as eggs or egg portions (white or yolks) it is necessary to keep in mind that they are used in a number of products, such as pastas, baked goods, breads, and salad dressings.

Most people get into the habit of eating the same foods day after day, many of which are common causes of food allergies and intolerance. This repeated exposure greatly increases one's risk of becoming sensitive to a particular food.

To lower your risk, you should rotate your menu from day to day, so that different foods are eaten in a rotating system. For example, eat pork

Food Intolerances Often Overlooked

Until recently, immunologists and allergists doubted the existence of food intolerance. As with most such scientific debates, it took an overwhelming amount of research to finally convince them that it was real. Unfortunately, millions suffered while they dragged their feet. It seems that the poor sufferer always pays the price in these scientific debates, as we witness the damage caused by excessive vaccination, mercury toxicity, lead toxicity, chronic fatigue syndrome, and multiple chemical sensitivity.

only once a week and eggs once or twice a week rather than every day.

One frequent question is, "If I develop a food reaction, can I recover?" The answer is, sometimes. For some people, it has been shown that avoiding the food for six months or a year and then gradually re-introducing it in small doses will allow one to safely eat the food once again as long as the food is rotated in the diet.

Correcting leaky gut syndrome also can reverse many food sensitivities. While glutamine in very large doses (as much as 40 grams to 60 grams a day) has been proposed, I am somewhat skeptical. If glutamine is used, it should be used only for short periods (no more than a month), and one should exercise

regularly to prevent it from entering the brain. With exercise, glutamine is diverted into building and supporting muscle; inactivity allows it to enter the brain where it is converted into glutamate, a potential neurotoxin.

Most important is avoiding gut-damaging drugs, eating a healthy diet, taking a variety of nutrient supplements, and supplementing each meal with digestive enzymes.

Among the most important nutrients in gut health are omega-3 oils (especially DHA), natural form vitamin E, multiple B vitamins, buffered vitamin C, mixed carotenoids, and the flavonoids hesperidin, curcumin, and quercetin, which reduce inflammation in the gut wall.

Health and Nutrition Updates

More Reasons to Eat Your Broccoli

Recent research reported in the Journal of Neuroscience strongly suggests that broccoli contains a compound, sulforaphane, that strengthens the barrier (known as the blood-brain barrier) that protects the brain from toxins in the blood and from brain-swelling. The effect, demonstrated both in normal and in brain-injured rats, protects the barrier from breaking down, common with head injuries, and from certain toxins and infections, such as meningitis and encephalitis.

Previous studies have shown that other chemicals in broccoli, as well as other vegetables, protect the brain. Green tea extract and grape seed extract both protect the brain's barrier as well as the brain itself.

Similar compounds in broccoli, as well as other cruciferous vegetables, provide powerful protection against cancer. One study demonstrated a 45 percent reduction in prostate cancer in men who ate just one serving of broccoli or cauliflower a week.

Mixing your vegetables and eating at least five to 10 servings a day dramatically protects the brain and is a potent weapon against cancer.

Vitamin E's First Cousins, Tocotrienols, Have Powerful Benefits

Most people have heard of vitamin E (tocopherol), but few have heard of tocotrienols, which are close chemical relatives of tocopherols.

Like vitamin E itself, tocotrienols come in four forms — alpha, beta, gamma, and delta. Recent research has shown that only alpha-tocotrienol can prevent neurodegeneration, such as that seen in Parkinson's and in Alzheimer's disease.

More importantly, it produces this protection in doses that are quite small — much smaller than vitamin E.

Tocotrienols also have been shown to protect the heart and to prevent atherosclerosis. In addition, tocotrienols lower cholesterol levels but not as severely as statin drugs, therefore they are infinitely safer. They are also powerful antioxidants, even much more so than vitamin E.

In general, 50 milligrams of mixed tocotrienols twice a day afford a great deal of protection to the brain and help prevent heart attacks and strokes. In addition, tocotrienols

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.

play a significant role in preventing a number of types of cancer. It is important to take the vitamin E and tocotrienols separately; that is, at different times of the day.

A New Way Antioxidants Prevent Cancer and Cancer Growth

Until recently, it was assumed that antioxidants fight cancer by inhibiting free radical damage to one's DNA. A new study throws this into question.

The study, reported in the 2007 issue of the journal *Cancer Cell*, found that animals implanted with human lymphoma and liver cancer cells had little DNA damage. It was well known that antioxidants prevent cancer, but if not by preventing DNA damage, then how?

Researchers found that when cancers develop, they produce a special protein called hypoxia-induced factor (HIF-1) in response to the high level of free radicals, which protects the cancer cells. When animals were fed vitamin C, the level of HIF-1 fell dramatically, and the cancer cells died.

Therefore, it appears that the effect of antioxidants on cancer cells is to remove the molecule HIF-1 that protects the cancer cell.

To make sure the HIF-1 factor was responsible, researchers next created mice that had HIF-1 levels that were not dependent on free radicals.

They found that the antioxidants in these animals had no effect on cancer cells.¹

Mitochondrial Diseases: More Common Than You Think

Researchers are rapidly accumulating evidence that a great number of diseases are either caused by, or worsened by, defects in mitochondrial function.

For those who are scratching their heads, mitochondria are small packets of enzymes within all cells whose main function is to supply the cell with most of its energy.

Cells can contain hundreds of mitochondria, especially cells that work very hard, such as heart cells, brain cells, and muscle cells.

Mitochondria are essential to life. There

is a group of recognized mitochondrial diseases, notably MELAS (mitochondrial encephalomyopathy lactic acidosis and stroke-like episodes), KSS (Kearns-Sayre syndrome), and MERRF (myoclonic epilepsy and ragged-red fiber disease).

All are hereditary defects in mitochondrial function that usually appear early in life and can result in crippling muscle weakness, heart failure, seizures, and mental retardation.

More recently, researchers have discovered mitochondrial failure in a number of more common diseases, such as diabetes, chronic fatigue syndrome, Alzheimer's dementia, Parkinson's disease, and ALS. As we age, the ability of our mitochondria to produce energy falls, often significantly.

Ironically, our mitochondria cells contain their own DNA. Studies have shown that mitochondrial failure is one of the earliest findings in Parkinson and Alzheimer's disease, with energy production reduced as much as 50 percent early in the course of the disease.

There are several ways to enhance the production of mitochondrial energy, such as with the use of B vitamins, vitamin K-2, creatine, pyruvate, DHA, acetyl-L-carnitine, alpha-lipoic acid, ginkgo biloba, and ginseng.

References:

1. Goa, Ping et al. "HIF-Dependent Antitumorigenic Effect of Antioxidants In Vivo." *Cancer Cell*. 2007 Sep; 12(3): 230-8

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Ask Dr. Blaylock

Attention Blaylock Readers:

Dr. Blaylock welcomes any questions or comments you would like to share. Each month, he will select a few to be published and answered in the newsletter. Please remember that he cannot answer every question. When submitting a question or comment, please include full name, city, and state. Please e-mail the doctor at: askblaylock@newsmax.com.

Q: I have a relative who has systemic lupus and is catching every disease that comes her way. Is there anything that can help?

— Cathy F., Schenectady, N.Y.

A: Lupus is an autoimmune disease, and the incidence of this disease has increased dramatically since the introduction of a number of the childhood vaccines and recent adult vaccines. Most treatments are aimed at dramatically lowering the person's immunity by the use of various drugs.

This leaves the person susceptible to a number of viruses and bacteria and makes it difficult to recover. Stimulating immunity worsens the condition. There is some evidence that selectively stimulating cellular immunity can avoid this problem.

Some immunological researchers are convinced that the problem is a "broken" immune system that reacts abnormally to immune challenges and that fixing cellular immunity might make things better.

Products such as beta-glucan can selectively activate cellular immunity and, if used for a short period, may permit recovery from an infection. I have found that removing omega-6 oils (corn, peanut, safflower, sunflower, canola, and soybean oils) from the diet in combination with increased omega-3 oils and magnesium dramatically improves most cases of lupus.

Many times sufferers were able to get off the powerful immune-suppressing drugs.

The omega-3 oils moderately suppress immunity (mainly the EPA component), thus reducing the autoimmunity. Taking a multivitamin and adding minerals to a diet consisting of mostly fruits and vegetables, while

avoiding red meats and drinking only purified (fluoride-free) water, really helps. Avoid fluoride toothpaste and mouthwashes.

Some studies have shown improvement by removing mercury-containing fillings (dental amalgam). Mercury is associated with autoimmunity. These fillings should only be removed by a qualified dentist. (Go to www.iaomt.com, the International Academy of Oral Medicine and Toxicology Web site, to find a dentist.)

Q: Is there any news regarding vaccinations? Are companies going to make them safer — without mercury?

— Bernie M., Renton, Wash.

A: There is a considerable amount of information on the harmful effects of vaccines. I would refer you to my previous newsletter, "Food Additives: What You Eat Can Kill You" (October 2007) on this subject.

While the CDC has recommended removal of the mercury (thimerosal), a number of unscrupulous people, mainly from vaccine companies, are seeking to have it returned.

It is instructive to note that when mercury was removed from childhood vaccines, the autism rate fell.

Vaccines contain a number of immune boosters (called adjuvants) which include aluminum, gelatin, cow protein, MSG, traces of mercury, and sometime other viral proteins.

These have been strongly connected to chronic inflammation of the brain and a number of brain disorders, including seizures, Gillian-Barre syndrome (ascending paralysis), nerve damage, multiple sclerosis, autoimmune

disorders, and abnormal development of the brain of infants and small children (autism, ADD, and ADHD).

Based on a number of studies, the flu vaccine has never been proven effective for most people and should never be given to small children, babies, or pregnant women.

There is evidence that taking the flu vaccine yearly for five years in a row increases the risk of Alzheimer's disease, in those over age 55, some 10-fold.

Studies have also shown that a large percentage of vaccine are contaminated with other organisms – such as viruses, viral fragments, bacteria, and mycoplasma.

Childhood vaccines have been associated with high rates of diabetes, asthma, and autoimmune disease, especially lupus.

The often-quoted 36,000 deaths from flu every year is radically overstated.

According to the CDC, no more than 300 to 1,700 people die a year and almost all are people suffering from serious chronic diseases or those having significant malnutrition.

Virtually all studies show that vaccinating these people is unsuccessful, since they cannot mount an immune response.

A recent study examining the records from 1968 to 2001 found that despite a dramatic increase in the number of elderly getting the flu

shot in recent years (15 percent in 1968 vs. 68 percent in 2001) there was no reduction in flu-related deaths or hospitalizations, which is the reason given for the vaccine.

Most importantly, a great number of studies show that the vaccines are often ineffective; furthermore, they cause more virulent disease organisms to emerge and damage the immune function of millions of people.

Personally, I would never take a vaccine for anything. Nutritional supplementation has been shown to prevent most communicable disease-related mortality and morbidity.

Q: I have observed that various makeup products I use often contain aluminum. Should I be concerned about absorption of aluminum through the skin?

— Caron C., Wilmington, N.C.

A: Yes — there is reason to worry about aluminum in cosmetics. There is evidence of absorption of the aluminum through skin, particularly when the aluminum is as a soluble compound. Aluminum has been shown to stimulate inflammation and free radicals, which would be a bad thing for cosmetics.

Inflammation of the skin causes red blotches and breakdown of the collagen in the deeper layers of the skin.

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 is the associate editor 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.