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hile the Covid-19 vaccine rollout grows apace around the globe, both of us are continuously astonished to see that no government or health authority has ever bothered to discuss the most basic of questions about this disease.

For instance, why is it that certain populations, like American and British people, have more deaths from Covid than others? What factors differentiate someone who gets Covid and experiences a mild form of the illness from someone who gets a severe form of the disease and dies?

Thus far, doctors only point to a few characteristics that predispose people to serious Covid: age, health conditions like heart disease, diabetes or vascular disease, and being a person of color. And they leave it at that, as though it is a strange accident of birth.

Nobody bothers to connect the dots and then follow where they might lead.

Here's the trail as we see it.

First off, we know that American and British people have suffered more deaths than elsewhere in Europe. It can't be solely down to government incompetence, because other countries have been slow to respond to the virus with adequate equipment, lockdowns, social distancing and the like.

It might have far more to do with the fact that both populations are among the unhealthiest in the West. According to a 2014 *Lancet* review of nearly 1,800 studies of obesity rates worldwide, the US holds the dubious distinction of having the highest number of overweight and obese people in the world.

The study found that nearly 71 percent of American men and 62 percent of American women are overweight or obese. That compares to an average global obesity rate of 38 percent for men and 37 percent for women.



Editors

Lynne McTaggart and Bryan Hubbard

COMMENT

CUT SUGAR, CONTROL THE VIRUS

As for Britain, it has its own dubious distinction as the most obese nation in Western Europe, according to the Organization for Economic Cooperation and Development (OECD). In fact, Britain's rates of overweight and obesity—now 63 percent of all adults—are rising faster than those of any other developed nation.

Britain is now sixth heaviest of the OECD's 35-member club of wealthy nations and one of

Here's the possible reason why. Insulin, that all-important hormone produced by the pancreas, transfers sugar from the blood into the cells in muscles, liver and all other tissues, to be used in the production of ATP, the basic form of energy on which all our cells run.

The amount of sugar in the blood returns to normal, and any excess is stored in muscles or fat cells to be used in the future.



“It’s vital to keep the extraordinary system we were born with in top working order”

five countries suffering from “historically high” rates of obesity since the 1990s. Since that time, rates of obesity have increased by 92 percent in the UK, considerably worse than even the 65 percent increase in the US over the same period.

Obesity leads to that entire cascade of illnesses—high blood pressure, diabetes, cardiovascular diseases—all known to be risk factors for Covid.

With overweight or obese individuals, when sugar continuously floods their bloodstream, the insulin system gets overwhelmed, the cells stop responding appropriately to the insulin, and they become insulin resistant. The pancreas keeps flooding the body with insulin in an attempt to rectify things, but to no avail.

This vicious cycle continues until eventually the person

develops metabolic syndrome, and, ultimately, one or more of a host of degenerative diseases.

Besides damaging mitochondria, the power packs of the cells, insulin resistance results in chronic inflammation. In this state, if confronted with a foreign invader like a virus, the immune system remains on hyperdrive. The body's responses to the invader linger, ultimately damaging healthy cells, tissues and organs.

Cytokines, the immune system's Paul Revere, ordinarily ride through the bloodstream calmly, alerting the cells if an infection has arrived and instructing them about the kind of counterattack needed.

But if the immune system has stayed on high alert, an army of Paul Reveres is produced, and the cells get instructed to initiate full nuclear war, causing enormous collateral damage to the body's own healthy cells, tissues and organs. The patient ultimately dies from an outsize response of their own immune system.

The next leg of the trail: we know that vitamin D helps to regulate insulin production and other elements of the immune system. People of color, particularly those living in northern climates, may require more vitamin D than people of other nationalities.

Although governments around the world are content to shore up all these damaged immune systems with a vaccine, there's another, simpler way.

Our immune systems display an intelligence that we will never be able to artificially reproduce. As our Special Report highlights this month (page 26), simple measures can actually rejuvenate your immune system, enabling it to better carry out the miraculous work it was designed to do.

Before we look to nanotechnology and cutting-edge medicine to ‘improve’ the human system, it's vital to keep the extraordinary system we were born with in top working order. Our governments would do well to adopt a new mantra: “Cut sugar, control the virus, save lives.”

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How to strengthen your natural defenses against coronavirus and every other infectious agent under the sun

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Alzheimer's: cheese trumps your genes

Diet could be a more significant factor than genes in Alzheimer's, a new study has found



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Following standard procedures isn't always the best course for the patient, says Bryan Hubbard



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What Doctors Don't Tell You is supported by some of the world's leading pioneers in nutritional, environmental and alternative medicine. Each is an authority in his or her field; many have broken new ground and inspired new practices in medicine.



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Dr Harald Gaier is a UK-registered osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr Gaier has authored numerous scientific papers and *The Encyclopedia of Homeopathy*.



Dr Jonathan Wright, medical director of the Tahoma Clinic in Washington, pioneered nutritional medicine in the US. A board member of the American Preventive Medical Association and the International College of Advanced Longevity Medicine, he has published 11 books.



Janet Balaskas, who named and inspired the Active Birth Movement in the 1970s, helped revolutionize maternity practices worldwide. Janet is the founder and director of the Active Birth Centre in North London and author of nine books including *Active Birth*, *Preparing for Birth with Yoga* and *Easy Exercises for Pregnancy*.



Sally Bunday is founder of the The Hyperactive Children's Support Group, the first organization to draw attention to the role of diet and nutrition, particularly food additives and essential fatty acid deficiencies, in childhood behavior problems. The charity has helped thousands of families in its more than 30-year history.

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Alternative views

Thank you so much for the tireless work you are doing to inform people and get the truth out there. I have benefitted so much from your magazine. For example, the light treatment. Initially I scoffed at the idea that light or color could have any impact on our health, but by now I have treated tinnitus, injuries, swellings, etc. with color light therapy.

I had already been reading up on Raymond Royal Rife when your article on microcurrents (WDDTY March 2020) was published. Now I own a frequency generator! There is so much out there to help us retain a healthy life, but you won't find that on Google or in mainstream media.

If you are looking for more subjects, I have found Dr Hulda Clark's work very interesting. Her book *A Cure For All Disease* can be downloaded for free on the internet, and according to her research, a lot of chronic diseases are caused by parasites. She developed her own "zapper" to take care of those and heal many patients.

After having asthma for 54 years, I have been able to treat myself with the frequency generator against *Ascaris* roundworm on the lung and am now free of medication. I'm so delighted!

Concerning the letter by Richard Lund in your last issue, I believe that nearly all that we were told about Covid-19 is a lie. The lockdowns were unnecessary, the disease has the same mortality rate as the flu (less dangerous than a severe flu), and the collateral cost of the lockdown measures far exceeds the damage done by the virus.

Sweden and Japan had no lockdown, neither Belarus, and the mortality rates in Sweden are actually lower than in the UK. Professor John Ioannidis said: "If we had not known about a virus and had not checked individuals with PCR tests, the number of total deaths due to 'influenza-like

illness' would not seem unusual this year." Nothing needs to be added to that! If Covid-19 had been allowed to run its course, we would have never noticed.

Julia McMaster, via email

What about the bees?

As an herbalist, naturopath and beekeeper and long-standing supporter of WDDTY, I read with interest your article on apitherapy (February 2021), and in particular the use of venom. However, no part of the article had any mention of the practicalities of using either live bees or collecting venom for injections.

The article inferred that natural stings were more efficacious but not the reality that bees would die if the stings were administered "naturally." I believe there are electronic devices to make

“There are electronic devices to collect venom for injections, and these may not kill the bee”

bees sting to collect venom for injections, and these may possibly not kill the bee, but it does make the hive as a whole more aggressive.

There may be some debate as to whether a bee's life is worth less than a mammal's (I'm sure you wouldn't run an article on the use of bear bile as a therapy). Personally, I wouldn't make the differentiation, but I don't think it should be skirted round in the way the article did.

Richard Linton, via email

Cell mutations

Following being infected with hepatitis C through a contaminated blood transfusion in 1986, I discussed cell mutations, including those of viruses, with some of the world's leading doctors I had at the time.

So far, I have been able to keep the virus, which has killed many of those infected, from causing me any serious damage.

Cells can be mutated by many environmental agents, including many drugs, chemicals and radiation. Some of the drugs being recommended to alleviate the symptoms of Covid-19 can cause cell mutations as they contain chemicals like benzene, a known cause of cell mutations.

It is also well documented in medical textbooks that any virus combined with any drug, chemical or radiation can have much more serious effects than either alone.

Edward Priestley, West Yorkshire

Looking for lights

I found the article "Two strategies to reverse eyesight loss" in the October 2020 issue most informative. I would just like to know where I can purchase one of the LED lights mentioned in this article, used in the University College London study.

Nowhere is it mentioned what the brand is or where they can be purchased, so any help would be much appreciated. I think it may very well help my husband's failing eyesight.

Thanks in advance and keep up the great work. For over a year now WDDTY has become my favorite health magazine, and I love reading every new issue released. I have recommended it to many friends too, who have found it to be most helpful.

Ruth Smith, Victoria, Australia

WDDTY replies: We're glad the article was of interest. Unfortunately, the study mentioned was a preliminary study, and the torches used were produced especially for the study. There are currently no commercially available torches of the same specification, according to a UCL press release. If you're looking for natural solutions for failing eyesight check out the November 2019 issue of WDDTY.

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A Med diet stops prostate cancer in its tracks

Taking up a Mediterranean diet could be all it takes to stop localized prostate cancer from spreading.

Eating more fruits, vegetables, fish and pulses like beans, peas and lentils will manage the cancer and stop it growing or spreading. As a result, invasive surgery will probably not be necessary, say researchers from the University of Texas MD Anderson Cancer Center.

The researchers tested the diet on 410 men diagnosed with early-stage prostate cancer whose markers for disease progression, including their PSA score, were measured every six months. The average age of the group was 64; 82 percent of the men were white, and 8 percent black.

Some of the men didn't follow the diet very carefully, but those who did saw a 10 percent drop in their cancer's growth for every one of the aspects of the diet they adopted. At the end of the three-year study, 76 men saw their cancer progress—suggesting the other 334 had successfully managed their cancer purely by making dietary changes.

Prostate cancer is the second most common cancer in men after skin cancer, and 'active surveillance' is often the preferred route, especially as treatments can affect quality of life, including declines in urinary and sexual function.

Cancer, 2021; doi:10.1002/cncr.33182

Five lifestyle changes that reduce heartburn

You don't need to take medications to manage your heartburn. Making just five changes to your diet and lifestyle is enough to end your suffering.

Heartburn—more properly known as gastroesophageal reflux, or GERD—affects 30 percent of all Americans, and it's usually managed with over-the-counter remedies.

But you can drop the drugs if you adopt these five changes: get to a normal weight, don't smoke, do moderate to vigorous exercise every day for 30 minutes, restrict yourself to just two cups of coffee, tea or soda daily, and follow a "prudent" diet.

Lifestyle changes are the way to go, as heartburn meds come with a worrying host of side-effects, said lead researcher Andrew Chan.

People who adopt the five changes see an average 37 percent drop in symptoms, and this can fall further depending on a person's commitment to them.

Of the five, physical activity could be the most effective, and this may be down to its impact on the digestive tract. "Being physically active may help with the clearance of stomach acid which causes heartburn symptoms," he said.

The researchers had analyzed the results from the Nurses' Health Study, which tracked more than 43,000 women who suffered from heartburn.

JAMA Int Med, 2021; e207238

The supplement that's as good as exercise

Glucosamine supplements aren't just good for arthritis—they can help you live longer and are as good for you as regular exercise.

Taking one supplement a day for a year reduces your risk of dying from heart disease by 65 percent and premature death from any illness by 39 percent.

That's in the scale of health benefits you'd expect to see from someone who regularly exercises in the gym, say researchers from West Virginia University who examined the health records of 16,686 people over the age of 40.

But don't give up exercise for a glucosamine/chondroitin supplement. "That's not what we suggest, said Dana King, one of the researchers. "Keep exercising, but the thought that taking a pill would also be beneficial is intriguing." Nonetheless, the impact of taking the supplement is "pretty significant," he added.

J Am Board Fam Med, 2020; 33: 842-7

An avocado a day keeps your gut healthy

Eating an avocado every day is one of the best ways of keeping your gut healthy—and that has a big impact on your immune system and overall health and wellbeing.

Eating the fruit at least once a day ensures there is a good diversity of bacteria in your gut microbiome, the body's "second brain" that controls our health.

The fats in avocados also help the gut break down fiber and produce metabolites that support gut health, say researchers from the University of Illinois.

They gave an avocado a day to around 80 adults as part of their meals, and gave the same food to another group but without the avocado. All the participants were overweight or obese.

Those who ate the avocados had healthier and more diverse gut microbiomes, and were also excreting less fat, which suggests they were getting more energy from the other food they were eating.

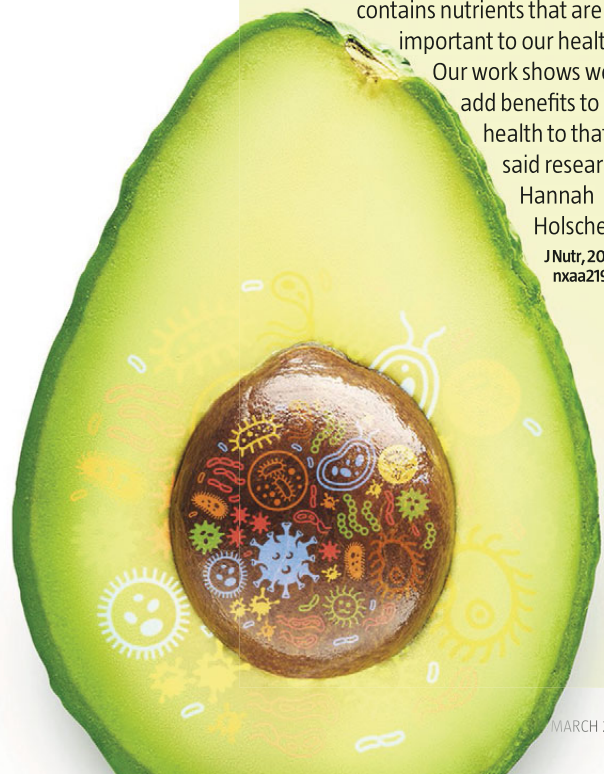
An avocado is a fruit high in energy and nutrients, including important micronutrients such as potassium and fiber.

As most Americans are malnourished, adding an avocado to a daily meal is one quick and simple way to get some of the nutrients and fiber they need.

Earlier studies have discovered that avocados reduce cholesterol levels—and now we know it's good for our gut as well. "It's just a really nicely packaged fruit that contains nutrients that are important to our health.

Our work shows we can add benefits to gut health to that list," said researcher Hannah Holscher.

J Nutr, 2020; nxaa219



MICROPLASTICS#1

Cup of coffee with microplastics on top

You may be drinking more than you bargained for when you have that cup of takeaway coffee in the morning. The paper cup could be leaching thousands of cancer-causing microplastics into the drink.



Although takeaway cups are made of paper, their linings often include polyethylene, a type of plastic that reacts to hot liquids, and up to 25,000 micron-sized particles can be released into the coffee in the first 15 minutes.

Other researchers have discovered that the microplastics can settle in human organs and could cause cancer.

Researchers from the Indian Institute of Technology found that three out of every four paper cups they tested were lined with a hydrophobic film that is mainly made up of polyethylene, but which also included heavy metals.

The film quickly started to deteriorate when hot liquid—around 90°C (194°F)—was poured into the cup. Within 15 minutes—the average time it takes someone to drink their coffee—25,000 microplastic particles had been released into the water.

J Haz Mater, 2021; 404: 124118

MICROPLASTICS#2

Highest levels in mussels and scallops

Mussels, oysters and scallops contain more microplastics than any other seafood. The mollusks have nearly five times the levels of the pollutants found in fish.

Microplastics leach from plastic waste dumped in oceans and rivers, and small amounts have been discovered accumulating in our organs, including the brain, although scientists aren't yet clear what harm they can cause.

The mollusks contain, on average, 10.5 microplastics per gram (MP/g), while crustaceans such as shrimp and crab have 8.6 MP/g, and fish contain around 2.9 MP/g. Mollusks caught off the coasts of Asia have the highest levels of microplastics, probably because the waters are the most heavily polluted by plastics.

Researchers from Hull York Medical School analyzed more than 50 previously published studies to estimate the amount of microplastics we ingest when we eat seafood. Eating mollusks poses a special hazard because we tend to eat the entire animal, while only part of a fish is consumed.

Lead author Evangelos Danopoulos said that microplastics do cause us harm, although scientists aren't sure yet what that may be, and it's a growing problem, with the dumping of plastics in oceans anticipated to triple by 2060.

Environ Health Perspect, 2020; 128: 126002



Could this be the perfect joint health solution for you?

I was diagnosed with inflammatory arthritis at the age of 29. Over the years, I tried many different supplements as they emerged on the market. All the prescribed medications that my consultant gave me failed to work or gave me horrendous side effects. I was determined to find a natural solution for my problem.

I was introduced to Flexicoll Platinum 8 years ago and it has transformed me! I was 58 years old at this point and had increasing joint pain in ankles, knees, back, shoulders wrists and hands, particularly my thumbs.

At one stage surgery was considered as a treatment to replace the damaged joints.

I started taking Flexicoll Platinum which is a soluble powdered form of Collagen, taken as a drink with liquid, and the results were amazing! After only 3 weeks, I noticed that the joint stiffness that I usually encountered when trying to get out of bed had improved greatly, and after 6 weeks the results were phenomenal, with virtually no stiffness at all. My ankles and knees were much more mobile and my fingers were much more flexible. I have continued to take Flexicoll Platinum every night and now at the age of nearly 67 I continue to enjoy an active life.

If you like me have tried various other products, and you didn't get the results you expected, give Flexicoll Platinum a try!



Linda Rollinson, Northumberland

Why is collagen important?

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Traditional remedies best for tropical diseases

Traditional remedies are as effective as any drug for treating tropical diseases in Africa, a new study has found. Remedies that have been used for centuries in Ghana have a very high success rate against chronic infections such as river blindness (onchocerciasis) and elephantiasis (lymphatic filariasis), both caused by parasitic worm infections.

Drugs are becoming less effective against these diseases because of overuse and drug resistance, say researchers from the University of Ghana. They tested 15 traditional medicines and found that several killed all the male worms and more than 60 percent of the females. Eight of the remedies also killed parasites that caused other diseases.

PLoS Negl Trop Dis, 2020; 14: e0008919

IBD steroid doubles the risk for heart disease

A widely used steroid drug doubles the risk for heart disease, even at low doses, a major new study has discovered.

Taking a daily dose of less than 5 mg of prednisolone, a glucocorticoid, nearly doubles the risk for cardiovascular disease (CVD) after just one year—and those taking the 25-mg dose face a six-fold increased risk.

The drug is prescribed to reduce inflammation to treat rheumatoid arthritis and inflammatory bowel disease (IBD), as well as allergies and skin conditions. Its marketing names include Orapred, PediaPred and Millipred.

Smokers and people who are obese are at special risk, say researchers from Leeds University, who analyzed the medical records of 87,794 patients with one of several different types of inflammatory disease.

They say that the 'safe' dose for prednisolone may have to be lowered further, especially if a patient is taking the drug long-term. Even then, they need to be constantly monitored for any early signs of CVD, which include heart failure, stroke, sudden heart attack and arterial disease.

PLoS Med, 2020; 17: e1003432

Depressed children have a higher risk of chronic illness as adults

People who suffer depression when they are children or teenagers have a much higher risk of suffering a wide range of chronic illnesses when they are adults. Although substance abuse can partly explain the connection, other undefined factors are also at play, say researchers at the Karolinska Institute in Sweden.

In all, depression in the early years raises the chances of developing up to 66 chronic health problems and increases the risk of a premature death.

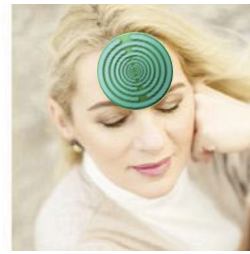
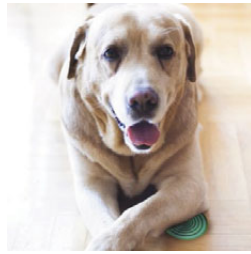
The researchers tracked the health of around 1.5 million Swedish boys and girls, 37,000 of whom were diagnosed with depression between the ages of 5 and 19. The depressed children were much more likely to suffer from a range of chronic health problems, including sleep disorders, type 2 diabetes, viral hepatitis, and kidney and liver diseases. They were also six times more likely to die prematurely.

Women who had suffered depression were more likely to suffer from urinary, respiratory and gastrointestinal infections, while the men were at a higher risk of obesity, thyroid problems, celiac disease and eczema.

The researchers say they can't be sure whether depression was a cause of chronic health problems or whether there was some undefined underlying issue that was responsible for both.

JAMA Psychiatry, 2020; e203786





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more colorful and beautiful auric radiance. I coined the phrase, "energetically mellow" which is pretty much how I feel. Thanks so much!

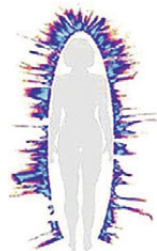
My two cats also don't get along very well. Usually they mingle for a few seconds, before it escalates. I had the disc only a day, and my husband said they just kept playing and chasing each other around our home. So it's helping them get along also. I look forward to more harmony in our home now for our fur babies.

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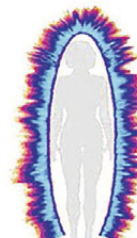
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COVID-19 NEWS

Doctors call for vitamin C as a Covid treatment

More than 5,000 doctors and 20 medical institutes have launched a campaign to get vitamin C accepted as a primary treatment for Covid-19. The campaign, Vitamin C for Covid (www.vitaminc4covid.com), follows the publication of a major review of 100 trials that concluded the vitamin can save the lives of people badly infected by the virus and reduce the symptoms of milder infections.

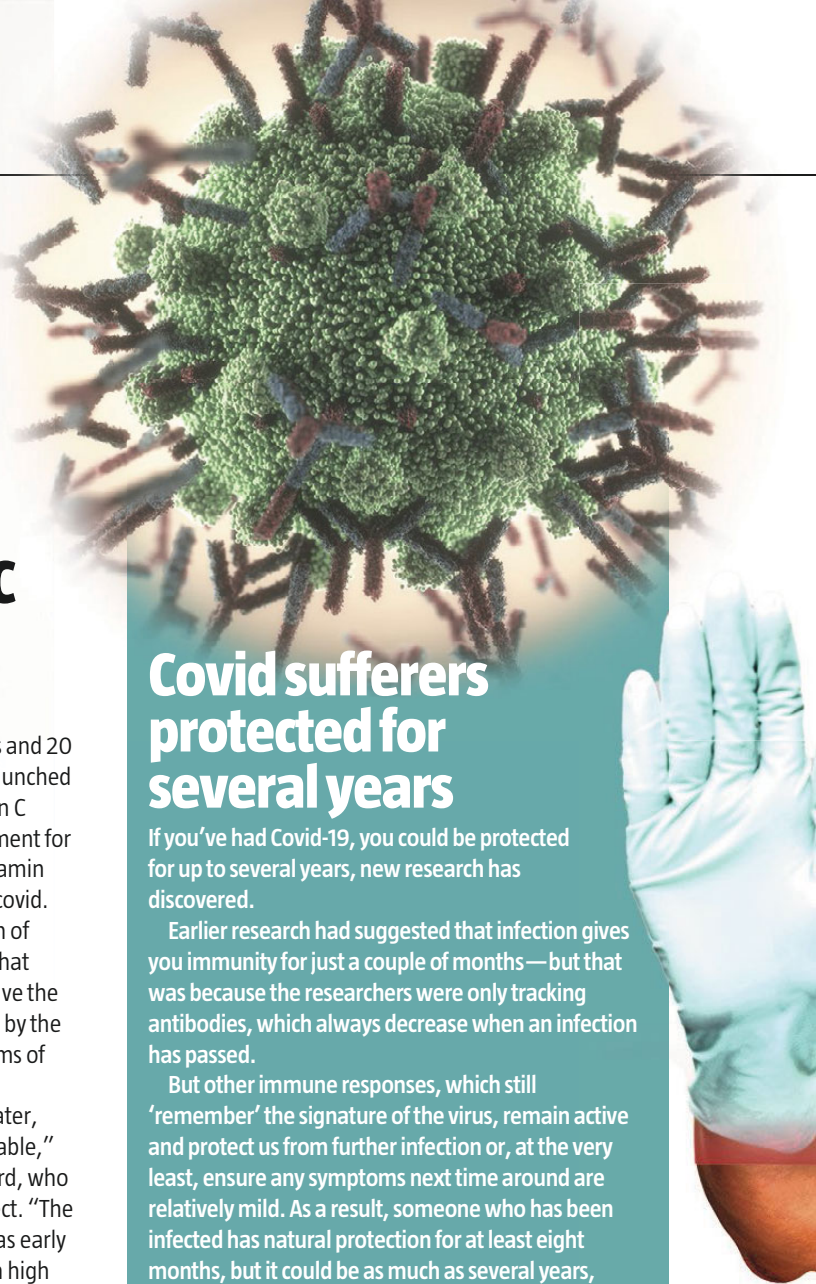
Vitamin C is “safer than water, inexpensive and widely available,” said nutritionist Patrick Holford, who headed up the research project. “The appropriate use of vitamin C as early as possible in infection, and in high intravenous doses in ICUs [intensive care units], would potentially be a game-changer.”

High-dose vitamin C therapy is already being used in China, and 50 million one-gram doses were shipped into Wuhan, the epicenter of the Covid-19 outbreak, as early as February last year, Holford added.

The campaign is seeking to get health authorities around the world to accept vitamin C as an effective therapy for Covid—instead of dismissing it as fake news.

It’s also looking to raise funds to carry out major and definitive studies into the vitamin, and get health agencies to start recommending the vitamin, especially for the most vulnerable, including care home residents who are at special risk and are known to be depleted in the nutrient.

Nutrients, 2020; 12: 3760



Covid sufferers protected for several years

If you’ve had Covid-19, you could be protected for up to several years, new research has discovered.

Earlier research had suggested that infection gives you immunity for just a couple of months—but that was because the researchers were only tracking antibodies, which always decrease when an infection has passed.

But other immune responses, which still ‘remember’ the signature of the virus, remain active and protect us from further infection or, at the very least, ensure any symptoms next time around are relatively mild. As a result, someone who has been infected has natural protection for at least eight months, but it could be as much as several years, depending on the health of their immune system, say researchers from La Jolla Institute for Immunology.

Taking blood samples from 188 Covid-19 patients, the researchers measured all the main immune responses, including antibodies, memory B cells, helper T cells and killer T cells, eight months after infection. “There’s a good chance people would have protective immunity, at least against serious disease, for at least eight months, and probably well beyond that,” said researcher Shane Crotty.

The researchers weren’t surprised earlier research had seen a diminishing of antibodies. “The immune response decreases over time to a certain extent, but that’s normal. That’s what immune responses do. They have a first phase of ramping up, and after that fantastic expansion, eventually the immune response contracts and gets to a steady state,” said another researcher, Alessandro Sette.

The level of protection may not be the same for everyone. Those with a weak immune memory may have less protection and could be more prone to reinfection.

Science, 2021; eabf4063

Healthcare workers most likely to refuse vaccine

Forget the general public. Vaccine hesitancy is highest among doctors, nurses and other healthcare workers, with more than half saying they don't want to be given one of the new Covid-19 vaccines.

They fear long-term side-effects from vaccines that have been tested for less than a year, and some nurses are concerned that the vaccines will stop them from conceiving when they want to start a family.

Surveys of healthcare workers in the US and across Europe reveal that vaccine hesitancy levels are as high as 76 percent, according to one poll of 2,000 senior care home staff in France.

In Germany, half the nurses and around 25 percent of the doctors surveyed said they won't have the Covid jab, while one German state has reported that only a third of healthcare workers were happy to be vaccinated.

Similar patterns have been seen in the US. One poll conducted by the Kaiser Family Foundation discovered that 29 percent of healthcare workers would "probably or definitely not" have one of the new Covid vaccinations—a figure that is higher than among the general US population.

Vaccine hesitancy is also growing among the public. Last spring, around 79 percent of Germans said they would be willing to be vaccinated, but this has fallen to just 32 percent, according to a recent YouGov poll.

A further 33 percent said they would wait for the first round of vaccines to be completed before deciding. Similar wariness has been recorded in France, with just 40 percent of people willing to be vaccinated, down from 59 percent in August.

The Pfizer and Moderna vaccines, which use new RNA technology, are viewed with the greatest suspicion. Pollsters say many healthcare workers had seen anti-vax videos on the web, but they may also have been influenced by reports already coming out about serious adverse reactions to the Pfizer vaccine, including several deaths that happened soon after vaccination.

Financial Times, January 6, 2021

29%
of US healthcare workers would "probably or definitely not" have one of the new Covid vaccinations—a figure that is higher than among the general US population

Healthy gut activates vitamin D

Vitamin D is one of our key allies to protect us against Covid-19 infection—but its effectiveness could be dictated by the health of our gut.

This missing link in metabolizing the vitamin could explain why so many studies have delivered contradictory results, including the largest ever, which tracked more than 25,000 participants and concluded the vitamin had no positive impact on heart disease, cancer or even bone health.

But it could be because the participants' gut microbiome—the bacteria living in our digestive tracts—wasn't healthy, say researchers from the University of California at San Diego.

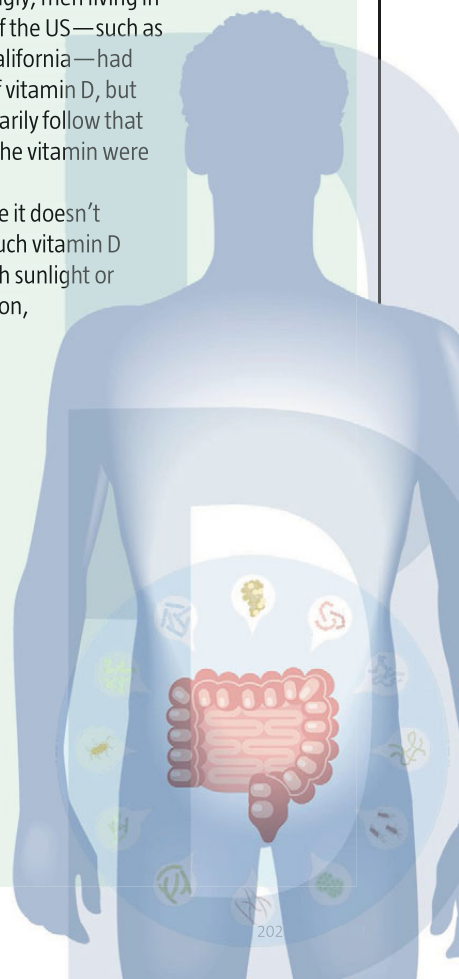
A healthy gut is needed to activate the vitamin, say researchers, who analyzed stool and blood samples of 567 men who were in good health and had an average age of 84.

Their analysis revealed a link between active vitamin D levels and microbiome diversity. The participants with the highest levels of active vitamin D also had more of 12 specific types of bacteria that produced butyrate, a fatty acid that helps create a healthy gut lining.

Not surprisingly, men living in sunnier parts of the US—such as San Diego in California—had higher levels of vitamin D, but it didn't necessarily follow that their stores of the vitamin were active.

"It seems like it doesn't matter how much vitamin D you get through sunlight or supplementation, nor how much your body can store," said Deborah Kado, one of the researchers. "It matters how well your body is able to metabolize that into active vitamin D."

Nat Commun, 2020; 11: 5997



A special body fat that keeps us healthy

A type of fat in our body—which scientists first recognized in adults only as recently as 2009—could hold the key to our health and weight.

Brown fat burns energy and helps keep us warm—and keep us well. Unlike white fat, which stores calories, brown fat consumes glucose, or blood sugar, in order to burn calories.

One study of around 52,000 people, those who had high levels of the fat were less likely to suffer heart and metabolic problems such as type 2 diabetes and coronary artery disease, researchers at Rockefeller University discovered.

They analyzed PET scans from a nearby cancer center and discovered that 10 percent of the 52,000 patients scanned had high levels of the fat. Of these, just 4 percent had type 2 diabetes compared to 9 percent among those with less fat, and 18 percent had abnormal cholesterol levels, compared to 22 percent of the other group. People with more brown fat are also less likely to have high blood pressure (hypertension), coronary heart failure and coronary artery disease.

The fat may even reduce some of the damaging effects of obesity. Although obese people are more likely to have heart problems, those with higher levels of brown fat had the same risk as people with a normal weight.

Although scientists aren't sure why the fat is so beneficial, they surmise that it's because it consumes glucose in order to burn calories, and this mechanism could lower blood glucose levels.

The trouble is that brown fat is elusive. Scientists know it tends to accumulate around the neck and shoulders, but it's hard to detect, and usually takes PET scans to do so. Although scientists have studied it in animals and newborns for years, it was only in 2009 that they realized adults also retained it.

Scientists are still unsure about how we increase our brown fat levels. Being in cold weather, exercising and drinking caffeine are all thought to spur brown fat into action, but it's not known if these add to our fat stores.

Nat Med, 2021; 27: 58–65

"Exercising in cold weather could help increase brown fat levels"



Light technology detects fatal heart changes

A revolutionary new light therapy is being harnessed to help understand tachycardia, irregular heart rhythms that kill around 300,000 people in the US alone every year.

The technology, optogenetics, has been used for around 15 years in brain research, and especially for understanding how Parkinson's disease develops.

But researchers have discovered it could also be used to find out how tachycardias happen. These are abnormally rapid heart rhythms that prevent the heart from pumping enough blood around the body, often causing sudden cardiac death.

Researchers at the American Institute of Physics have been using optogenetics to stimulate and control cardiac waves with light, and they have found the technology gives them more flexibility and options than the standard electrical stimulations that are routinely used.

Chaos, 2020; 30: 121107

HEALTH FACT

In clinical trials, the lion's mane mushroom (*Hericium erinaceus*) has been found to improve cognitive function in people diagnosed with mild cognitive impairment or early Alzheimer's disease

(see page 44)



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The truth about the 'silent' Covid carriers

Asymptomatic cases—Covid infections without any symptoms—are far fewer than governments tell us, and they probably won't infect us, says Bryan Hubbard

Even if you don't have any symptoms, you could still have Covid-19 and be a 'silent,' and potentially deadly, spreader of the disease. The specter of the asymptomatic carrier—the frightening idea that nobody is safe—has become one of the key drivers of lockdown and social distancing policies.

When the SARS-CoV-2 virus was first detected, health agencies were told up to 80 percent of infected people could be asymptomatic, although that estimate has now fallen to around a third.

But independent researchers have discovered two big problems with the asymptomatic carrier phenomenon: even the more conservative estimate of cases is still far too high, and your chances of getting the disease from a silent spreader are much lower than from someone with obvious symptoms such as coughing and sneezing.

Researchers at the Institute for Evidence-Based Healthcare at Bond University in Australia estimate that the true level of asymptomatic cases is around 17 percent—around half the current official figures—although some of the 13 studies they analyzed had the figure as low as 4 percent.¹

Researchers from Wuhan, China, where the Covid pandemic was first identified, discovered just 300 asymptomatic cases among the 10 million people who had been given the standard PCR (polymerase chain reaction) diagnostic test. They stressed that the low number was probably the result of a strict 70-day lockdown in the

province and shouldn't be applied to other countries where the virus hasn't been controlled.²

But the Wuhan researchers discovered something that other researchers can agree on: the asymptomatic people weren't as infectious. The Bond University researchers estimate that asymptomatic carriers are 40 percent less infectious than people who have the usual Covid symptoms. Transmission rates for asymptomatic people are anything from three to 25 times lower than in people with Covid symptoms.³

Don't follow the science

The specter of asymptomatic carriers loomed early in the Covid-19 outbreak. In one case, a woman from Wuhan infected five other family members in different areas of China while she remained asymptomatic for the entire 21-day follow-up period.

The outbreak of Covid on the *Diamond Princess* cruise ship apparently included many passengers who remained asymptomatic the whole time, even though tests showed they were infected.

Transmission rates for asymptomatic people are anything from three to 25 times lower than in people with Covid symptoms

An early review from the Centre for Evidence-Based Medicine in Oxford, UK, confirmed every health agency's worst fears: up to 80 percent of people with the virus could be free of symptoms and yet infectious. The center also said in the same report that asymptomatic cases could equally be as low as just 5 percent of the total, but that was quickly forgotten.

The idea of asymptomatic cases quickly became front and center of policies to contain Covid's spread—including social distancing and lockdown—but it was a decision that was more political than scientific. Although governments have insisted that their actions have been made by 'following the science,' the Bond University researchers could find only 13 studies out of the 2,454 papers on asymptomatic infection they reviewed that could be categorized as truly scientific.

Their conclusion that 17 percent of cases are asymptomatic mirrors a World Health Organization (WHO) study from 2015 that looked at the asymptomatic phenomenon among people with annual seasonal flu. After looking at a range of studies that had also come up with dramatically different results, the WHO researchers concluded that the average asymptomatic rate is 16 percent.⁴

There's also the possibility that asymptomatic carriers are, in fact, merely presymptomatic; in other words, symptoms hadn't manifested when they were tested. "Asymptomatic is someone who never developed symptoms ever throughout the course of their disease, and presymptomatic is somebody who has mild symptoms before they go on to develop symptoms," said infectious disease researcher Krutika Kuppalli of the Medical University of South Carolina.⁵

Many of the studies the Bond University researchers uncovered had tracked people for an average of just seven days, although doctors have discovered most symptoms appear only between seven and 13 days after infection, so there is a reasonable chance they could have started displaying symptoms after the trial had ended.

One study found that 49 percent of supposed asymptomatic people went on to develop symptoms, so many of them were either presymptomatic or subclinical, which means they had only very mild symptoms.



The researchers, from Fudan University in China, said the asymptomatic numbers could be boosted by children, with up to a third never displaying any symptoms, although they were less likely to infect others. If this is true, the real rate of silent spreaders could actually be as low as 9 percent.^[1]

Another reason for the phenomenon could be that asymptomatic people have lower viral loads than someone who has symptoms, which means they may have the live virus in their blood but at levels that won't trigger symptoms.^[2]

Getting the wrong results

Even if 17 percent of infected people are asymptomatic, they may not be the deadly carriers that health agencies fear. For one, asymptomatic people don't cough and sneeze—the two most common ways the virus is spread. It could also be because they don't have an active infection, even though it has been detected by one of the standard tests (PCR or lateral flow).

As Carl Heneghan at the University of Oxford has observed, a person needs to have a complete live virus before it can be transmitted to someone else, and not just have the fragments detected by a test.^[3]

With Covid, the test is the sole criterion to determine infection, even though with other diseases it is merely the beginning of a process that usually leads to a proper clinical diagnosis.

And the tests aren't sensitive enough for doctors to rely solely on their results. The two major tests look out for RNA, which viruses carry, but they can't detect whether the fragments are active or the remnants of a previous infection that has now passed. Only a laboratory test called viral culture can determine whether the virus is live or not, and that's not being used for assessing Covid-19. "As things stand, a person who tests positive with any kind of test may or may not have an active infection with live virus, and may or may not be infectious," said Allyson Pollock at Newcastle University.^[4]

The PCR test relies on a chemical process called polymerase chain reaction to target segments of the SARS-CoV-2 virus. The test duplicates, or "amplifies," samples until there is enough RNA to be detected. However, amplification also means distortion, and this process can throw up false-positives—"seeing"

If the asymptomatic carrier isn't the silent spreader we've been taught to fear, then full lockdowns may not be necessary



a virus that isn't there. Laboratory contamination is another problem that can also produce a false result.

The other test, lateral flow, is the latest, and fastest, way to detect Covid infection, producing on-the-spot results with a swab or saliva sample. But it's very inaccurate, with one pilot program discovering it detected just 48 percent of infections that a PCR test had identified.^[5]

Jon Deeks, leader of the Cochrane Collaboration Covid-19 test evaluation group, believes that wholesale use of lateral flow kits—which can be used in the home—is dangerous because it is not fit for purpose.

"Low test accuracy would be less dangerous if people being tested and the public at large received accurate information about the risks and implications of a false-negative result. Instead they are being misled," he says. Not only does it give false hope through a false-negative result, it also causes unnecessary worry with a false-positive.^[6]

False trails

The PCR's false-positive rate has been estimated to be as high as 5 percent, but the consensus is that it's closer to 0.5 percent, suggesting there's no great cause for concern—until you do the math, like Andrew Cohen from the Center for Research on Aquatic Bioinvasions.

Based on current testing accuracy, about 0.5 percent of uninfected people—one in 200—will get a false-positive Covid result, while 25 percent of infected

individuals—one in four—will get a false-negative result. Assuming an infection rate of 1 percent (1,000 infected for every 99,000 uninfected), that works out to 495 of every 100,000 people being told they have Covid when they don't (false-positives), and 250 people being told they're Covid-free when they are actually infectious (false-negatives).

This translates to a staggering 40 percent of all positive results—the false-positives divided by the total number of positives—ultimately being incorrect.

This surprising finding stems from the fact that the uninfected population is so much larger than the infected population (99 to 1), Cohen explains. And this rate will increase even more if infection rates fall below 1 percent.^[7]

The false-positive cases could be higher still if the results of other studies are used as benchmarks. At a 4 percent false-positive rate, 3,960 uninfected people per 99,000 would be told they have the virus. Apply that to national populations, and more than 13 million Americans and 2.4 million Britons are false 'cases' of Covid-19.

The takeaway, says Cohen, is simple: don't test people who have no Covid symptoms. "For these people, positive results will be more likely to be wrong than the averages indicate... and positive PCR results may likely be false."

If the asymptomatic carrier isn't the silent spreader we've been taught to fear, then full lockdowns—with all their own problems, such as mental health concerns, vital missed treatments and economic collapse—may not be necessary.

Instead, it just needs people who know they have a Covid infection—usually because of the symptoms they're experiencing—to act responsibly and stay home. And if we're properly protecting the old, vulnerable and frontline healthcare staff, we should have a strategy that can counter the worst that the SARS-CoV-2 virus can throw at us.

Bryan Hubbard

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P

roject Fear is the phrase often used to describe the calculated effort, started in early 2020 and led strategically by behavioral psychologists, to convert a heterogeneous, free-thinking public into a homogenous, submissive flock that will do as it's told. If this means witnessing and accepting the collapse of the economic structures that you have relied on for your family's survival or the sabotage of your child's education, so be it.

A prerequisite for exploiting our biological response to fear is to systematically remove pre-existing fundamental rights such as freedom of movement, freedom of speech, the right to respect for private and family life, and the right to peaceful protest. When you look back on our recent history and consider how many decades of thousands of people's lives were devoted to winning these rights, it comes as quite a shock to see so many prepared to cast them aside in a few short months.

Under the spell of Project Fear, it happens all too easily. You just accept it, because you can't bear to see more people die, and you don't want it to be your fault. Even when you don't know when the end will come, when we'll be released to explore the so-called "new normal" that we've been promised, many of us decide the best thing we can do is just obey.

What's the alternative? If you dissent, you get censored. You become something of a pariah. Regardless of your political leanings, you get labeled "far right."

If you complain of school closures or criticize the lack of a solid scientific basis for lockdowns, chances are you'll be considered an "anti-masker"



Rob Verkerk The Politics of Health

TIME TO REJECT 'DIVIDE AND CONQUER'

Let's not marginalize people for their differing views,
says Rob Verkerk

or an "anti-vaxxer," even if you never mention masks or vaccines unfavorably. And if you do dare question the safety or validity of mass vaccination, you are disowned—sometimes by your own tribe and closest friends.

This incredibly sharp division that's emerging between those who acquiesce to the new behaviors that are being asked of us, and those who dissent from them, is creating extraordinary polarization in society.

It's a classic "divide and conquer" strategy that would

As Professor Klaus Schwab, founder of the World Economic Forum explains, "The pandemic represents a rare but narrow window of opportunity to reflect, reimagine and reset our world."

But who's doing the reflection and re-imagining? Not the dissenters of course, as they have been silenced or marginalized through the careful use of labels like "conspiracy theorists." And not for the first time; we should learn from history.

There are many occasions in our past when dissenters



If those controlling the narrative get to deploy Caesar's divide and conquer strategy, we will never emerge as winners

make Julius Caesar proud.

If you think we need to just wait for the pandemic to end so we can then pick up our lives, you need to go find a reality pill. We're at the beginning of something not nearing its end.

It's called the Great Reset—as set out by the World Economic Forum, the Switzerland-based nonprofit that has been hosting, most notably in Davos, a platform that allows the most influential government and business leaders to shape the future of our species.

challenged the dominant narrative of the time. The Suffragettes of the 1880s and the anti-nuclear movement of the 1980s are two examples. Another was the fight for freedom led by Mohandas Gandhi in India in the mid-twentieth century.

Gandhi made clear he would rather go to jail than obey laws that contravened human rights. Civil disobedience and peaceful protest became something to aspire to, inspiring millions in the process and freeing half a billion people from colonial rule.

With democracies in partial suspension and dissenting voices marginalized—something even Gandhi didn't have to contend with—the potential for tyranny to become part of the "new normal" is greater than ever.

The vast majority don't know that one of the founding principles of medical ethics, informed consent, which is embedded into law in nearly every jurisdiction around the world, is being broken millions of times over while the mass vaccination program is rolled out globally.

You might offer up your consent nonverbally by voluntarily rolling up your sleeve, but have you been coerced? And have you really been told what the risks and benefits of the vaccine might be? Or that there are valid, alternate options such as ivermectin, vitamin C, vitamin D and zinc—as demonstrated by Drs Paul Marik and Pierre Kory from the Front Line Covid-19 Critical Care Alliance (covid19criticalcare.com)?

Let's not marginalize people for their differing views. Let's open the door to open communication, discourse and the lifting of censorship. Then see what emerges when these diverse views, along with all of the available science, has been weighed up fairly. Consensus can only be achieved with communication and discourse—this also being the foundation of successful democratic systems.

If those who control the prevailing narrative get to successfully deploy Caesar's divide and conquer strategy against us, we will never emerge as winners.

If society is to be reset after all this, let's make sure we get to have our say in how it's done, and not have our future dictated by the select few who have been sampling the rarefied air of Davos each January.

Robert Verkerk PhD is the executive and scientific director of the Alliance for Natural Health International, a consumer group that aims to protect our right to natural healthcare and nutrition. For more information and to get involved, go to www.anhinternational.org, or check out ANH's Facebook and Twitter pages (www.facebook.com/ANHInternational and www.twitter.com/anhcampaign).

Alzheimer's: cheese trumps your genes

The cause of Alzheimer's disease is in our genes, according to current thinking. But our diet could be a more significant factor, as a new study has found

Neuroscientists are agreed that Alzheimer's disease (AD) is strongly genetic. In other words, if your genetic card is marked, there's little you can do about it.

But a new study has discovered that a good and healthy diet can put our genes in their place. And the ultimate power food when it comes to AD prevention is—cheese. Eating a little every day is the single best thing we can do to prevent the onset of AD, whatever age we are.

Researchers from Iowa State University also found that a daily glass of red wine protects us from AD and general cognitive decline as we age, as other researchers have discovered.

Eating a serving of lamb—but not other red meat—once a week also seemed to help, while salt wasn't quite the big no-no that we've all been told, as long as we aren't already showing early signs of AD.

The Iowa researchers based their findings on an analysis of the health and lifestyles of 1,787 people between the ages of 46 and 77, whose genetic makeup was matched with data from UK Biobank, a database of around half a million genetic profiles.¹

"I believe the right food choices can prevent the disease and cognitive decline altogether [despite genetic factors]. Perhaps the silver bullet we're looking for is upgrading how we eat," said researcher Brandon Klinedinst.

So, if diet and lifestyle can beat the genetic hand we're given, what else can we do to reduce our risk of mental decline and AD? We took a look at the evidence to find out, and the answers are in the pictogram opposite.

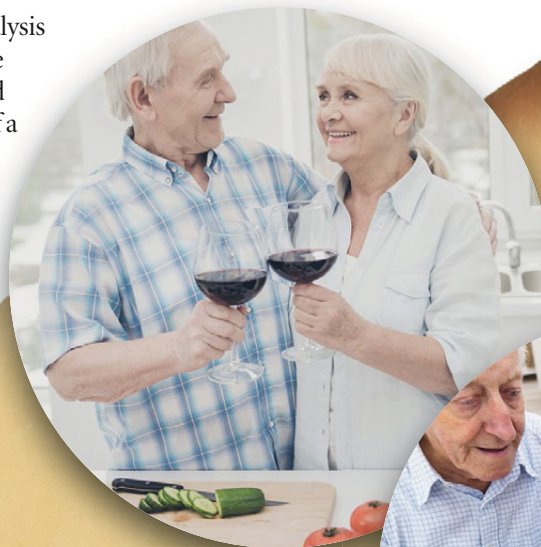
Preventing Alzheimer's

Every day:

Cheese

Every day:

Red wine



Lifelong learning



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Once a week:
Lamb

Mediterranean diet

(including fresh vegetables, fruit, fish, nuts and olive oil)



Alzheimer's risks

Gum disease

Stress

Processed foods that increase inflammation

Obesity

Type 2 diabetes

Smoking

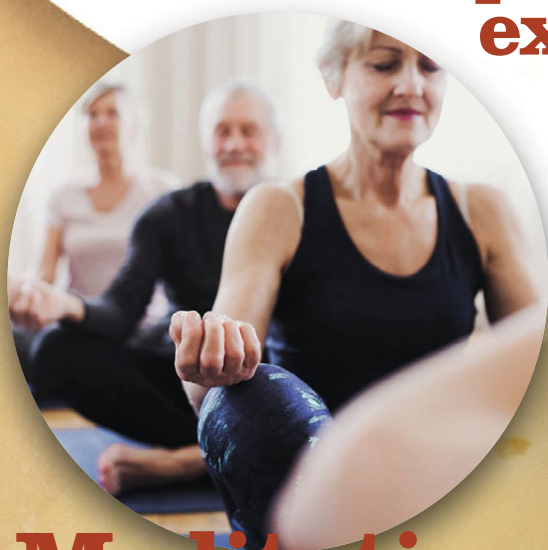
Low social engagement

Lack of exercise



Mental stimulation

Regular physical exercise



Meditation





In all the fear and news obsession about coronavirus this past year, there is one rarely asked question that has loomed like an unsanitized elephant in the room:

YOUR GREAT IMMUNE SYSTEM RESET

why is it that some people (most children and young people, for example) wouldn't even notice if they were infected with this "deadly" virus, while most others experience Covid infection as a typical cold or flu and only a small minority, mostly the frail, elderly and those weakened already by another disease, experience a crushing battle that ends in the graveyard? What makes some so resilient and others so vulnerable?

The answer was provided by a group of scientists and doctors in a paper published toward the end of 2020 which stated simply: "A degraded/dysfunctional immune system appears to be the main determinant of serious/fatal reaction to viral infection (for Covid-19, SARS, and influenza alike)."¹

It's hardly surprising that viruses exploit weakened immune systems, yet none of the public health strategies adopted globally in response to Covid-19 tackle the underlying problem of the dysfunctional immune systems of those most at risk of the disease.

Instead, as the *Toxicology Reports* paper, authored by leading Israeli physician and author of 26 immunology textbooks Yehuda Shoenfeld, Italian biochemist Darja Kanduc, Georgia Institute of Technology research associate Ronald Kostoff, extensively published Greek toxicologist Aristidis Tsatsakis and a handful of other researchers, noted, the public health Covid-19 response has rested on three tactics: 1) avoid the virus

indefinitely (via lockdowns, masks and social distancing), 2) mitigate symptoms with traditional pharmaceutical treatments when the immune system is overwhelmed and serious infection occurs and 3) vaccinate against the specific strain of the virus, repeating as often as necessary.

All of these recommendations, say the researchers, are "based on the concept that pandemics/outbreaks can be controlled/prevented while maintaining the immune-degrading lifestyles followed by much of the global population."

What if we addressed the plagued immune system instead? It is indisputable that alcohol wreaks havoc on the immune system, for example, yet no public

Celeste McGovern uncovers the best ways to strengthen your natural defenses to coronavirus and every other infectious agent under the sun



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health agency in the world has launched massive campaigns advising people to quit drinking to help their immune system defend against Covid infection.

There are also no poster campaigns warning about vitamin C and D deficiency among the vulnerable elderly, though a huge body of medical literature has documented the problem. While public health agencies have saturated the media with messages about masks and vaccines, there are no public campaigns about the benefits of exercise, the immune system dangers of a sedentary lifestyle or the powerful natural antioxidants with potent antiviral and antibacterial activity that are being used in hundreds of hospitals.

The trouble with the tactics that evade the real problem—and increase fear and stress—is they don't work in the long term. A weak immune system that survives one viral attack is still vulnerable to other killer diseases. A degraded immune system that is vaccinated against one virus will still be susceptible to every other virus in the neighborhood.

As the *Toxicology Reports* researchers observed: “The only real protection against a future Covid-19 pandemic or any other viral pandemic/outbreak is the one that was demonstrated to work in the SARS, MERS and Covid-19 pandemics, and in the annual influenza pandemics/outbreaks: a healthy immune system capable of neutralizing incoming viruses as nature intended.”

Building the immune system has added perks, as Robert Verkerk, PhD, founding director of the Alliance for Natural Health International (www.anhinternational.org), observes: “If you help populations improve their nutritional status and metabolic function in order to reduce susceptibility to Covid-19, you simultaneously reduce the risk of almost every single chronic and autoimmune disease.

“These include heart disease, cancer, obesity, type 2 diabetes, dementia and a rash of autoimmune diseases like Crohn's, rheumatoid arthritis and ulcerative colitis, that have, prior to the emergence of Covid-19, been seen as diseases that might break modern healthcare systems.” Verkerk has identified 52 factors that influence immune system function, more than half of which are factors under our control.^[3]

It is not a coincidence that people are more likely to get a disease as they get older. With Covid-19, for example, the risk of death increases with age from a miniscule 0.003 percent risk in those under age 20 to 0.456 percent for 60–64-year-olds, 3.2 percent for 75–79-year-olds and then shoots up to 8.3 percent for those over age 80. The average age of death is 78.6 in the

US, while the average age of death from Covid-19 is 80 in the US and 82.4 in the UK.^[4]

It's all in your telomeres

One measure of aging is the length of telomeres—cap-like structures at the end of chromosomes that protect DNA like plastic tips at the ends of shoelaces keep them from fraying. Telomeres shorten each time a cell divides. The length of telomeres is a biological marker of premature aging. Chronological years and telomere length do not always correlate.

Short telomere length is associated with many chronic diseases, including heart disease, stroke, cancer, arthritis, osteoporosis, cataracts, type 2 diabetes, hypertension, mental illness, chronic obstructive pulmonary disease and dementia.^[5]

Hardly surprising then that a new study has found those with the most severe cases of Covid-19 have shorter telomeres.^[6] While the rate of telomere shortening is somewhat hereditary, it is also affected by environmental factors from smoking and physical activity to nutrition and vitamin intake.^[7]

Here we look at some of the most well-documented and easily attainable factors associated with longer telomeres and stronger immune systems that can fortify your defenses against every killer disease on the loose.

Vitamin D

Roger Seheult, cofounder of MedCram.com and a California frontline worker in critical care, internal medicine and pulmonary disease, says that “the supplement that has the best level of evidence” for strengthening the immune system against Covid-19 is vitamin D.^[8]

Actually a hormone rather than a vitamin, vitamin D powerfully affects every system in the body and especially the immune system.

It helps produce antibiotic-like compounds (called antimicrobial peptides) that kill infectious microbes. It

also balances the immune system response to infection to limit hyper-inflammatory responses—so-called “cytokine storms”—that are a major cause of death in Covid and influenza, and it keeps the immune system from turning on itself in crippling, disfiguring and incurable autoimmune diseases.

Research dating back more than a decade has shown that people with higher levels of vitamin D are less likely to have infections.

One study looked at more than 19,000 people and found that those with the highest levels of vitamin D



Short telomere length is associated with many chronic diseases including heart disease, cancer, arthritis, osteoporosis and dementia. And a new study has found those with the most severe cases of Covid-19 have shorter telomeres

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were least likely to report having upper respiratory tract infections.¹²

It's been established that serum levels of vitamin D (measured as the metabolite 25-hydroxyvitamin D or 25OHD, see box) decline with age and that this decline is associated with impaired immune function.¹³ Vitamin D has also been shown to reduce the rate of telomere shortening.¹⁰

One recent study looking at 20 different European countries found that the level of Covid-19 mortality went up as the country's average serum vitamin D level declined.¹¹ It's not surprising then that another recent study reported that more than 82 percent of people hospitalized with Covid-19 infections were vitamin D deficient compared to just 47 percent of controls in the general population. And among hospitalized Covid-19 patients, those who were vitamin D deficient had a greater prevalence of hypertension and cardiovascular diseases and a longer length of hospital stay than those with serum 25OHD levels in the "adequate" range of at least 20 ng/mL (see box, right).¹²

You can't change your age, but supplementing with vitamin D has been demonstrated to protect against viral invasion. A major 2017 review of 25 different studies involving more than 11,000 patients showed that vitamin D supplementation was safe and protected against upper respiratory tract infection.¹³

A growing number of studies have now shown that using high "booster" or "bolus" doses of vitamin D in hospitalized patients with Covid-19 infections results in lower death rates.¹⁴

It is increasingly accepted in mainstream medicine that vitamin D works to prevent and subdue infection and prevent deaths, but there is still debate about dosing. Currently, there are 73 clinical trials underway worldwide using vitamin D in various doses to prevent and treat Covid-19 infection.¹⁵ Among them is the Coronavit trial at Queen Mary University of London, which is doling out vitamin D to 5,000 UK residents to determine if it prevents Covid and other respiratory infections.¹⁶

Scotland is not waiting for trial results but has begun handing out vitamin D to those who have been locked away indoors during the pandemic.¹⁷ And in November a group of French physicians advised that all citizens in France—where 41 percent of the population is vitamin D deficient in winter—take supplemental vitamin D.¹⁸

Public health negligence

Most public health officials have not shared the enthusiasm of frontline doctors about vitamin D, however.

The many faces of vitamin D

Vitamin D comes in two forms: D2 and D3. D3 appears to be more readily converted into the biologically active form of vitamin D in the body, and it's the only form the body creates from sunlight. The other form, D2, is found in mushrooms and added to vitamin D-"fortified" milk and other foods. Look for supplements that contain only vitamin D3 (most nowadays do).

Vitamin D3 travels from the blood to the liver, where it is converted to 25-hydroxyvitamin D (25OHD). This is the compound measured in vitamin D blood tests, in units of either nanograms (ng)/mL or nanomoles (nmol)/L.

While the Institute of Medicine set 20 ng/mL (50 nmol/L) as the threshold for "adequate" vitamin D, many physicians consider this a low bar. According to the Alliance for Natural Health International, vitamin D expert Dr Damien Downing, president of the British Society for Ecological Medicine, recommends a vitamin D blood level of at least 30 ng/mL (75 nmol/L) for immune support.

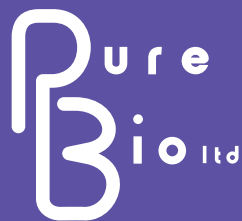
The dosage of vitamin D supplement necessary to get to this level varies from person to person and likely from season to season, depending on how much we produce naturally from sunlight. Hence, repeated blood tests for vitamin D, as well as working with an experienced practitioner to interpret the results, can be critical to reaching and maintaining optimal levels.

Currently, there are 73 clinical trials underway worldwide using vitamin D in various doses to prevent and treat Covid-19 infection

They've been strangely silent about the science showing the dangers of vitamin D deficiency and its power against the pandemic and other viruses—as well as the lower death rates linked to vitamin D supplementation. A US federal court even ordered a Georgia company to stop marketing vitamin D as a Covid-19 prevention or treatment strategy.

"Americans expect and deserve medical treatments that have been scientifically proven to be safe and effective. Making claims that unproven drugs can cure or prevent diseases, including Covid-19, places consumers' health at risk," said US Food and Drug Administration (FDA) Chief Counsel Stacy Amin. "We remain committed to pursuing and taking swift action against those who attempt to subvert the regulatory functions of the FDA by repeatedly disregarding the law and distributing unapproved products."¹⁹

So while it is scientifically documented that vitamin D deficiency leaves immune systems vulnerable to attack and people vulnerable to disease, count on the FDA to curb access to the vitamin that can save lives. Could it be that vitamin D is so powerful that it threatens



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Free as sunshine

Much of the time, vitamin D isn't just cheap, it's free. Most of the vitamin D we get—and specifically the most bioactive form, vitamin D3 (see box, page 31)—is manufactured when UV rays from sunlight shine on our skin. We can get small amounts from other sources like eggs and fortified milk, for example, but these come nowhere near what the body produces from sunshine. According to one study, just 30 minutes of midsummer midday “whole skin surface” sun exposure in Oslo, Norway produces the equivalent of taking between 10,000 and 20,000 IU vitamin D orally.^[20]

For those who can't sunbathe naked, wearing shorts and a t-shirt for a half-hour exposure in high sun still provides a good dose. At high latitudes, however, the sun provides no vitamin D in winter, and oral supplementing is necessary to maintain high levels, which may be the reason for the seasonality of flus (and Covid), which surge just as vitamin D levels plummet.

Researchers from the University of Liverpool, England, Trinity College and St. James Hospital in Ireland, looked at Covid mortality data and saw a clear pattern. “When mortality per million is plotted against latitude, it can be seen that all countries that lie below 35 degrees North have relatively low mortality,” they observed. “Vitamin D deficiency has also been shown to correlate with hypertension, diabetes, obesity and ethnicity—all features associated with increased risk of severe Covid-19.”^[21]

Dosing vitamin D

While public health agencies still warn about the dangers of supplemental vitamin D and cap doses at bare minimum levels of 400 to 800 IU per day, doctors like Roger Seheult advise that most people could safely take “bolus” doses as high as 50,000 IU of vitamin D3 for the first seven days if they have not been taking vitamin D before, and then switching down to a maintenance dose of 4,000 to 5,000 IU daily in the absence of sunshine exposure.

He cites a Mayo clinic 10-year study of over 20,000 people in which only one individual developed vitamin D toxicity after supplementing with vitamin D, and that was after taking a staggering 50,000 IU daily for three months in addition to taking a calcium supplement.^[22]

Neurosurgeon and nutrition author Russell Blaylock has advised that pregnant women should supplement with at least 2,000 IU of vitamin D3 throughout their pregnancy and during breastfeeding and that even newborns can be given at least 500 IU of vitamin D3 and small children can take 1,000 IU a day.^[23]

A few people with rare disorders linked to excess levels of calcium in the body, such as sarcoidosis or Williams syndrome, should not supplement with vitamin D at all. For those concerned about excess vitamin D, blood testing is a safeguard.

Microbes and immune health

Our intestines are colonized by a vast and varied ecology of microorganisms including bacteria, viruses and fungi that all profoundly impact our immunity.

In the last decade, new sequencing technologies have revealed that every one of us is colonized by a distinct bacterial flora, and that the microbiota can be manipulated to treat and even cure some diseases. Different species of microbes affect immune system players differently and can produce pro- or anti-inflammatory effects, so ultimately the bugs in your gut determine your resistance to infection and disease.^[1]

This beneficial effect of the gut microbiota in immunity is not limited to the gut but also extends throughout the body to distant organs including the lungs, according to a paper published this January.

In the paper, researchers from the Center for Infection and Immunity at the University of Lille, France, review how the use of antibiotics can destroy intestinal bacteria or specific species and increase susceptibility to infections like salmonella and *E. coli*.

They cite a dozen studies showing how “mice lacking microbiota (i.e., germ free) or those orally treated with antibiotics (broad spectrum or targeted antibiotics such as neomycin, metronidazole or vancomycin) have impaired responses to systemic and respiratory infections.” Antibiotics’ disturbance of gut ecology weakens the host’s innate and adaptive defenses against influenza and respiratory syncytial virus (RSV), for example.

By contrast, the researchers say, a high-fiber diet has an immune-stimulating effect, and fiber-rich diets that are fermented by beneficial gut bacteria have been shown to positively impact influenza and RSV infection.^[2]

Fermentable fibers favored by gut bacteria include inulin found in green bananas and legumes, pectin found in fruit like apples and β -glucans found in oats and barley.

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Nitric oxide—natural hand sanitizer for the nose?

A group of researchers from Vancouver are promoting a natural nitric oxide nasal spray that kills 99.9 percent of the coronavirus that causes Covid-19 within two minutes.

Dr Gilly Regev, an Israeli physician who cofounded SaNOTize Research and Development Corp. based in Vancouver, Canada, told *Jewish News*, “If you use it daily, I really believe you won’t be affected by Covid-19. We have shown in the clinical trials that the people who used it did not get infected.”

The SaNOTize Nitric Oxide Nasal Spray (NONS) kills covid virus on contact in the upper airways and prevents it from taking hold traveling to the lungs. Earlier studies showed it prevented infection with Covid, and UK clinical trials began this week. NONS is currently in phase II clinical trials in Canada (sanotize.com).

Nitric oxide (NO) is a molecule that relays messages between cells and has been described as “one of the most versatile players in the immune system.”¹ It is known for its potent anti-inflammatory effects and to dilate blood vessels to increase blood flow, as well as for its antiviral action.

A 2005 study showed that it inhibited viral replication in cells infected with SARS-CoV-1—the related predecessor of SARS-Cov-2, the Covid-19 pandemic virus.² A recent review described the potential for harnessing the immune-boosting power of NO against Covid-19.³

There are supplements on the market, like beetroot powder, that rev up natural NO production, but Regev believes that if NONS makes it to market it will be a “game changer.”⁴

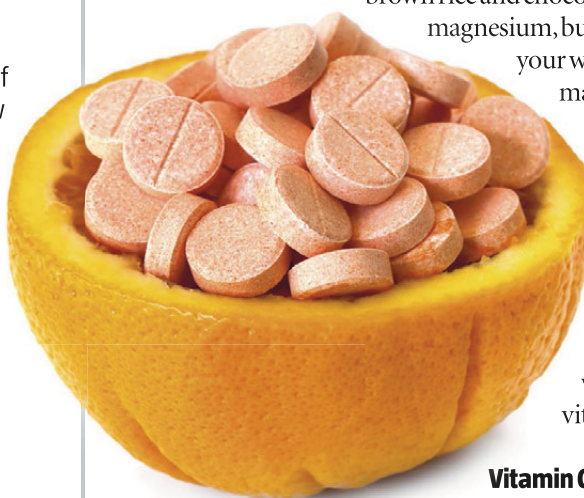
Cofactors for vitamin D

A growing medical literature supports supplementation with vitamin K to augment vitamin D’s activity,^{1,2} but as with vitamin D, dosing is still a question.

Some companies offer supplements in fixed ratios of vitamin D3 and K2. The public health nonprofit GrassrootsHealth Nutrient Research Institute (www.grassrootshealth.net) recommends 90 mcg of vitamin K for women and 120 mcg for men daily. Vitamin K promotes blood clotting and shouldn’t be taken with blood thinners such as warfarin.

Magnesium is another critical factor needed for optimal immune system function,^{3,4} and research going back decades has shown how it works in tandem with vitamin D.⁵ “Magnesium deficiency is associated with decreased immune cell activity and increased inflammation, including of IL-6, central to the pathology of the cytokine storm associated with Covid-19,” according to a recent paper written by researchers at the University of Melbourne and United Arab Emirates University.⁶

Foods including leafy dark green vegetables, berries, brown rice and chocolate are sources of magnesium, but it’s very difficult to eat your way out of a deficiency and many people, especially the elderly, are magnesium deficient. The Alliance for Natural Health International recommends taking 500–750 mg of magnesium daily if you are supplementing with 4,000 IU or more of vitamin D.



Vitamin C

More than 60,000 published scientific articles point to the protective benefit of vitamin C in infectious disease. Vitamin C supports respiratory defense mechanisms, prevents viral infections and reduces their duration and severity, and has anti-histamine effects that can improve flu-like symptoms. Vitamin C has also been shown to slow telomere shortening in cells.^{1,2}

As with vitamin D, patients with acute respiratory infections such as pneumonia often have decreased plasma vitamin C concentrations, and some studies have reported that their symptoms improve more quickly when they are given vitamin C.^{3,4}

Vitamin C’s potent antiviral, anti-inflammatory and antioxidant properties make it a target of special interest in Covid-19.^{5,6} High IV doses have been used to squelch severe Covid infections,^{7,8} and more than 50 clinical trials of vitamin C for the treatment of Covid-19 are underway.⁹ The usual recommended maintenance dose is 1–2 grams per day.

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Zinc

Essential mineral zinc has gotten a lot more attention as a result of the pandemic. It affects hundreds of enzymatic processes in the body and is critical to immune function and wound healing. It is a well-documented respiratory antiviral that clears mucous from airways and has anti-inflammatory and immune system-balancing properties.^[52]

Zinc can also affect our sense of smell and taste, which is curious since loss of both has been linked to early Covid-19 infection. It's thought that the drug hydroxychloroquine's reported reduction of viral load may be due to the fact that it appears to increase zinc transport into cells.^[53] This may also be why there have been such promising results from the anti-parasitic drug, ivermectin.^[54]

Worldwide, roughly 20 percent of people are deficient in zinc,^[55] especially the elderly and vegetarians/vegans since it is highest in meats (especially lamb) and shellfish, but it's also in nuts, seeds and cocoa powder.

Taking too much zinc is as bad as taking too little, however, according to Dr Verkerk of the Alliance for Natural Health, who recommends taking 25 mg of zinc per day for average-weight individuals and up to 50 mg. It's better to take zinc between meals, and especially without foods containing phytic acid such as nuts, seeds, whole grains and legumes. Lozenges are a good delivery form for anti-mucosal effects.

Quercetin

Quercetin, a polyphenol found in onions, broccoli, fruits (apples, berries and grapes), green tea and wine, is known for its antioxidant, antiviral and anti-allergic properties, all characterized by immune system stimulation. Quercetin suppresses pro-inflammatory cytokines and balances the immune system's overall cytokine response, and it's used as an allergy and asthma treatment.^[56]

Research has shown that quercetin inhibits influenza infection, and now it's being considered as a suppressant of Covid-19 infection too.^[57]

Among more than 8,000 drugs, natural products and other small molecules that were screened, quercetin ranked among the top five for its predicted ability to bind to the pandemic virus's infamous spike protein

receptor.^[58] It's also been predicted to block the binding of the coronavirus to human cell receptors.^[59]

There are no randomized, controlled studies of quercetin for the treatment of Covid-19, but it has been found safe in doses up to 1,000 mg a day for as long as 12 weeks, except during pregnancy, where questions of safety remain and research in mice suggests it may have adverse effects for the developing baby.^[60]

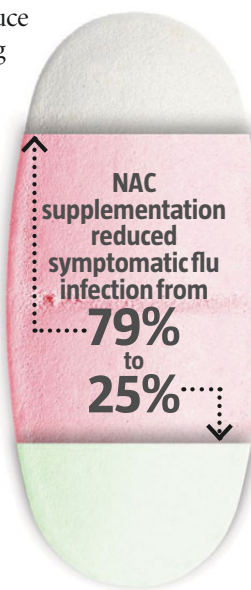


Green tea

If in doubt, sip green tea. Not only does it contain quercetin and other immune-boosting polyphenols, but elderly Chinese men (not women) who drank three cups of green tea daily were found to have longer telomeres, translating into five extra years of life.^[61]

N-acetyl-cysteine (NAC)

This nutrient bolsters cell levels of glutathione, a potent antioxidant, anticancer, antiviral and antiaging molecule, which is significantly reduced in a number of diseases. NAC has been shown to bolster immune function^[62] and to reduce inflammation in lung disease.^[63] Test-tube studies have shown it suppresses viral replication of severe influenza and reduces inflammation.^[64] A clinical study of NAC at 600 mg twice a day during flu season found that NAC supplementation reduced the rate of symptomatic infection from 79 percent to 25 percent, reduced symptoms by 70 percent and cut patients' recovery time.^[65]



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- The right herbs and supplements that will finally rid you of parasites
- The safest and most effective strategies for detox
- What's really going on if you've been diagnosed with IBS (irritable bowel syndrome)
- Keeping the liver and kidneys in optimum health while you recover
- How to test for toxic mold (and recover if you've been exposed)
- The best probiotics and other substances for healing leaky gut

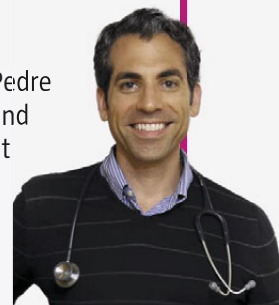
YOUR SPEAKERS



Dr Jeffrey Bland is one of the world's most important health pioneers. He founded the functional medicine movement—which blends

science with leading-edge nutrition and holistic health—and worked closely with Dr Linus Pauling, a pioneer of nutritional medicine and a two-time Nobel Laureate. His latest initiative is Big Bold Health, which seeks to educate people about how to rejuvenate the immune system.

Dr Vincent Pedre is Medical Director of Pedre Integrative Health, and he developed the Gut C.A.R.E Program after suffering from IBS. The program draws from the best traditions of Eastern



and Western medicine, and seeks to eliminate food triggers, clear the gut of unfriendly pathogens, and replace them with healthy probiotics and nutrients that repair and heal the gut.



Evan Brand, a functional medicine and nutritional therapy practitioner, is passionate about healing the gut after

solving his own IBS and depression that had been caused by multiple parasite infections. He uses his own lab tests and customized supplements. Evan teaches other practitioners about healing gut issues, and his podcast has more than seven million downloads.

Fourth speaker to be announced.

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Marvelous mushrooms

Mushrooms, always considered a tasty food, are extraordinarily powerful natural medication. Cate Montana investigates the most potent varieties and what they treat

In September 1991, the frozen mummy of a man who lived approximately 5,200 years ago was discovered in the Ötztal Alps on the border between Austria and Italy.

The heavily tattooed man had an arrowhead in his left shoulder and was carrying two different species of mushrooms when he perished.

One was a tinder fungus used to transport warm coals to restart his fire. The other was a medicinal mushroom used to fight infections and intestinal parasites.

Mushrooms have been with us a long time. Over 2,000 years ago, Chinese doctors were using mushrooms to treat respiratory ailments and cancer. In ancient Japan, maitake mushrooms were so valuable they were worth their weight in silver. In 2019, the global market for medicinal mushrooms surpassed \$51.8 billion.

Neither a fruit nor a vegetable, mushrooms are classified in the kingdom of fungi. The fruiting body of the mushroom—the part we eat—grows off the hyphae (the branching filaments of the mycelium, the hair-like structures that grow on and under the soil) and produces spores for reproduction.

Mushrooms (the fruiting body of fungi) and other fungi (the entire organism) have over 100 documented medicinal functions including antioxidant, anticancer, antiviral, antibacterial, antiparasitic, antifungal, anti-inflammatory, antidiabetic, antiallergic, and anti-cholesterolemic. They are also immune system modulators, detoxifiers and cardiovascular protectors.¹

“Mushrooms are super interesting nutritionally,” says Dr Megan Ware, a registered dietitian and nutritional professional in Dallas, Texas. “An apple is an apple. If you eat a Red Delicious compared to a Pink Lady apple,

they’re not going to change your body physiologically. Whereas fungi have these completely different functions happening in the body depending upon the type.”

For example, for CrossFit athletes who require lightning-fast moves that consume a lot of oxygen for quick recovery times, she recommends a cordyceps supplement called Onnit. “Cordyceps helps increase oxygenation in your blood, so it can make it easier for you to breathe when you’re doing those high-intensity activities,” she says. “I recommend it as a pre-workout supplement, and the athletes I work with notice a big difference versus doing the same workout without taking it.”

When it comes to most common edible mushrooms like button mushrooms, crimini and portobellos, Ware places them in the same category as eating kale or quinoa. It’s a food that’s good for you because they have antioxidants and vitamins, minerals and fiber like most plant foods. And, like plants, it’s important to eat organically grown mushrooms.

“They’re not a miracle food like a lot of people would have you believe,” she warns.

Mushrooms and other fungi have over 100 documented medicinal functions including anticancer and antiviral

“Some specific mushrooms have functional benefits—things that are beneficial to your brain or to your immune system or helping you wind down at the end of the day. But you’re not really going to get those benefits from just throwing a couple mushrooms in your omelet in the morning. And you’re not going to find lion’s mane, chaga, turkey tail or reishi in your local grocery store very often. That’s where the mushroom supplements come in.”

Mushrooms of the magic kind

No story about the health benefits of mushrooms would be complete without addressing the psychoactive aspects of some mushrooms, most notably psilocybin. In the early 1950s, psychedelics including psilocybin and LSD became widely used by psychologists and psychiatrists in research and clinical practice.

Between 1950 and 1965, tens of thousands of patients are estimated to have been successfully treated with “psychedelic psychotherapy.”² Today after almost 50 years of demonization and classification as a Schedule I substance under the US

Controlled Substances Act, although it’s still illegal in most US states and many countries worldwide, psilocybin is making a comeback as a therapeutic mental health agent.

Studies show that psilocybin-assisted therapy is highly effective in treating therapy-resistant major depressive disorder.³ Clinical studies with mice suggest that psilocybin might also be effective for treating post-traumatic stress disorder (PTSD) and related conditions.⁴

In a 2016 study, a single dose of the psychoactive compound found in psilocybin eased anxiety and depression in a group of cancer patients for more than four years. Researchers described the substantial and sustained decreases in depression and anxiety in patients with life-threatening cancer as nothing less than “mind boggling.”⁵

Psilocybin has proven highly effective in treating alcohol addiction,⁶ and it has also been successfully used to treat tobacco addiction. “When administered after careful preparation and in a therapeutic context, psilocybin can lead to deep reflection about one’s life and spark motivation to change,”

says Mathew Johnson, PhD, an author on the study.

Psilocybin has additionally been shown to produce acute reductions in core symptoms of obsessive compulsive disorder,⁷ and in a small pilot study, psilocybin-assisted group therapy was found to assist older, long-term AIDS survivors.⁸

An author on that study, psychiatrist and addiction medicine specialist Dr Christopher Stauffer, MD, is continuing research into psilocybin-assisted therapy following these encouraging preliminary findings.

“I’m asked by colleagues and research participants all the time to describe a ‘typical’ psilocybin session,” he says. “I usually respond by asking them if they can describe a typical dream. Each individual’s process is so unique, even between two separate sessions.

“To me, the work is about building connection and creating a safe container so that the participant can engage with their own inner healing capacity without distraction. The psilocybin is simply a catalyst. This breaks the mold of traditional mental health treatment, in which, all too often, the provider is touted as the expert on healing.”

Stauffer emphasizes the importance of adequate preparation and integration with a trained facilitator in any such therapy.

Turnover for the top medicinal mushrooms.

Eight mushrooms for your health and wellbeing

Although there are dozens of different kinds of mushrooms that have beneficial medical properties, here are eight of the most well-known and best studied. (Note: Women who are pregnant or breastfeeding are generally advised against taking any of the following mushrooms.)

REISHI MUSHROOMS

(*Ganoderma lucidum*) are a type of wood-degrading fungus. Reishi has been recognized as a medicinal mushroom for over 2,000 years. In traditional Chinese medicine it is used to treat conditions as wide-ranging as chronic bronchitis,



Reishi has been used medicinally for thousands of years

hyperlipidemia (an abnormally high level of fats in the blood), high blood pressure, fatigue, headache, irritability, hepatitis, low white blood cell counts and cancer.

Reishi mushrooms contain more than 150 triterpenoids, a class of chemical compounds shown to help lower blood pressure and improve

circulation. They are also high in polysaccharides, a type of carbohydrate that has blood pressure-reducing effects^[1] and can stimulate the immune system to combat infections and viruses.

Sterols (steroid-derived molecules) in reishi help reduce inflammation as well as allergic reactions in the body. Reishi mushrooms also have considerable blood sugar-lowering and anti-anemic effects that may be helpful in the treatment of diabetes.^[1]

Benefits:

- Antitumor effects^[2]
- Anti-inflammatory^[1]
- Calming and sleep-promoting
- Helps curb obesity^[1]

Consumption:

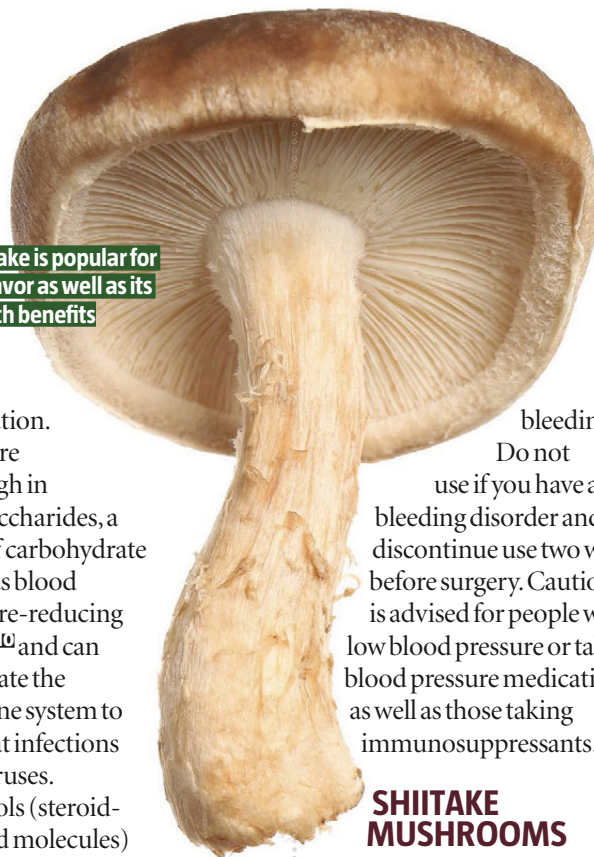
Dried reishi mushrooms are tough and bitter to eat, so supplements are probably the best approach. Reishi products are available in powders, dietary supplements and tea.

Dosage:

The best dosage of reishi mushroom extract or powder has not been determined and may vary widely. Check labels for the recommended dosage.

Contraindications:

Reishi supplements may cause blood-thinning or anti-clotting drugs to become more effective, which increases the risk of



Shiitake is popular for its flavor as well as its health benefits

bleeding.

Do not use if you have a bleeding disorder and discontinue use two weeks before surgery. Caution is advised for people with low blood pressure or taking blood pressure medication, as well as those taking immunosuppressants.

SHIITAKE MUSHROOMS

(*Lentinula edodes*) are found in the mountain regions of Japan, Korea and China and have been used as both a food and traditional medicine for over 1,200 years. Shiitake mushrooms contain high levels of natural copper, which supports blood vessels, bones and immune system function.

They are also a rich source of selenium, an important trace mineral that is currently being studied as a possible supplement to prevent Covid-19.^[3] They contain eritadenine, a compound that reduces cholesterol, and beta-glucans that reduce inflammation. A four-week study of 52 healthy men and women between 21 and 41 years old found that

consuming either 5 g or 10 g of mushrooms daily resulted in improved cell function and gut immunity, lower inflammation, and changes in blood levels of immune signaling molecules called cytokines.^[4] Another study found mice that consumed a high-fat diet supplemented with shiitake powder had less weight gain and artery damage.^[5]

Benefits:

- Anti-inflammatory
- Supports heart health
- Lowers cholesterol and aids circulation

Consumption:

Shiitake have a rich, earthy flavor often described as meaty. Both dried and fresh shiitake mushrooms are used in stir-fries, soups, stews and other dishes. Powders, extracts and other supplements are also available.

Dosage:

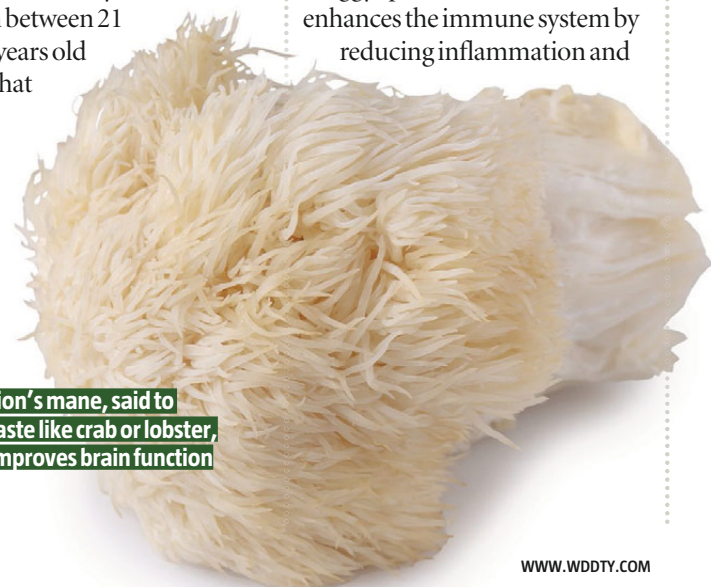
An appropriate range for shiitake mushroom supplements has not been determined.

Contraindications:

Shiitake may cause skin rashes and digestive problems in some individuals. It may increase the symptoms of autoimmune diseases such as multiple sclerosis, lupus and rheumatoid arthritis. Eosinophilia is a blood disorder that might be worsened by eating shiitake mushrooms.

LION'S MANE

(*Hericium erinaceus*) is a white, globe-shaped fungus with long, shaggy spines. Lion's mane enhances the immune system by reducing inflammation and



Lion's mane, said to taste like crab or lobster, improves brain function

**Immune-boosting
Chaga grows on
birch trees**

preventing oxidation.¹³ Spores isolated from its fruiting body stimulate the production of nerve growth factor (NGF), a protein linked to brain development and function.¹⁴

Lion's mane also increases myelin (an insulation around nerve fibers) and can stimulate the growth of brain cells.¹⁵ A double-blind, placebo-controlled trial of 30 50- to 80-year-old Japanese men and women diagnosed with mild cognitive impairment found that consuming 3 grams of powdered lion's mane mushroom daily for four months significantly improved mental functioning, but these benefits disappeared when they stopped taking the supplement.¹⁶

Similarly, a 49-week double-blind placebo-controlled study of patients with mild Alzheimer's disease found significant improvement in cognitive assessments in the group that took a lion's mane supplement.¹⁷

Benefits:

- Increases cognitive function
- Mitigates Alzheimer's disease symptoms
- Antidepressant

Consumption:

Often compared to the taste of crab or lobster, lion's mane can be eaten raw, cooked, dried, steeped as a tea or taken as a powder or extract.

Dosage:

The two studies on cognitive

function cited above used dosages of 3 g/day (four 250 g tablets, three times a day) and 1,050 mg/day (one 350 mg tablet, three times a day).^{18,19}

Contraindications:

There are no known contraindications to lion's mane.

CHAGA MUSHROOMS

(*Inonotus obliquus*) resemble a dark clump of dirt more than a typical mushroom and grow mainly on the bark of birch trees in Canada, Siberia, Russia and Alaska. Used for centuries to boost immunity and improve overall health, studies show that chaga mushrooms contain beta-D-glucans (sugars) that can either stimulate the immune system or downregulate it when it is overactive.

Several compounds in chaga help reduce inflammation. The extracts have demonstrated strong antitumor activity and have been used to treat cancer in several countries.²⁰ Chaga inhibits oxidative stress in the body, potentially slowing the aging process through the reduction of inflammation, and protects cells against free radicals.²¹

Benefits:

- Antiaging
- Anti-inflammatory

Dosage:

500 to 1,000 mg of chaga

Mushrooms and cancer

For more than 30 years, medicinal mushrooms have been approved for cancer treatment in Japan and China, both as a sole treatment and combined with radiation and chemotherapy. Many bioactive components in mushrooms have anticancer effects, including the polyphenol (plant nutrient) hispolon and the protein lectin.

Polysaccharides (carbohydrates made of sugar molecules) are the best known and most potent mushroom-derived substances, with antitumor and immune-modulating properties. They include lentinan, krestin, and *Hericium* polysaccharide A and B (HPA and HPB).¹

"Mushrooms are rich in polysaccharides, which help bolster and maintain the structure of your cells, which is essential in having a healthy immune system," says Taz Bhatia, MD, integrative medical doctor, acupuncturist and certified nutrition specialist. "These same ingredients also appear to complement conventional cancer treatments by increasing the effectiveness of chemotherapy and radiation and reducing side-effects such as fatigue, brain fog and nausea."

Bhatia says that some mushrooms reduce bone marrow suppression, another serious side-effect of chemotherapy. "Mushrooms help bolster the production of bone marrow cells responsible for providing immunity, carrying fresh oxygen, and maintaining normal blood clotting. They also have been shown to shrink tumors."

Another way that mushrooms help inhibit cancer proliferation is through their ability to stimulate cytokine production. Cytokines are small soluble

proteins that act as intracellular mediators in an immune response.

Those that stimulate type 1 T helper cells may be beneficial in cancer treatment, as are those that decrease type 2 T helper cells and T regulatory cells, which control the immune response to self and foreign particles.

Reishi, cordyceps, turkey tail, *Agaricus* and maitake mushrooms are all known to downregulate the cytokines released from type 2 T helper cells, which aids in treating cancer.²

Some mushrooms work well in combination with commercial anticancer drugs for treating drug-resistant cancers. For example, hispolon, a polyphenol found in some mushrooms, is known to possess potent antitumor properties and can bolster the effects of chemotherapy drugs.

The types of mushrooms and delivery systems (powders, extracts, etc.) used in cancer treatment are far from standardized. Experimental studies on animals often inject purified mushroom extract, and the differing physiological impact of oral consumption of mushrooms versus extract injection is not well understood.

Proper dosages and forms of treatment for human studies are still being determined. In the West, mushrooms are considered as an adjunct therapy only.²

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mushroom extract for boosting the immune system or as an anticancer agent.

Consumption:

Available only in supplement form

Contraindications:

Chaga mushrooms have a high oxalate content. Do not take if you have chronic kidney disease.

TURKEY TAIL MUSHROOMS

(*Trametes versicolor*) have a disc-like shape and varying striated colors resembling a turkey's tail. In traditional Chinese medicine, turkey tail extract (*Yun zhi*) is used as a treatment for respiratory conditions. Protein-bound polysaccharides (carbohydrates) PSK and PSP are present in the mushroom, and PSK has been studied in patients with cancer, such as breast, stomach and colorectal.

PSK as an adjunct therapy helps repair immune cell damage caused by chemotherapy and strengthens the immune system in patients with stomach cancer.²³ PSP has also been shown to alleviate symptoms in patients with esophageal cancer, stomach cancer and lung cancer undergoing radiotherapy or chemotherapy,²⁴ and it increased levels of cancer-fighting immune cells in women with breast cancer.²⁵ PSP is thought

Cordyceps (caterpillar fungus) is known as Himalayan Gold



to exert these effects at least in part through its function as a prebiotic to regulate the intestinal microbiome.²³

Benefits:

- Cancer prevention
- Mitigates adverse effects of chemotherapy and radiotherapy
- Strengthens lungs

Consumption:

Woody and chewy, turkey tail is most often served as a tea or powder in capsule form.

Dosage:

In colon, colorectal, and stomach cancer patients after surgery and chemotherapy, PSK has been used at doses of 3 g/day orally for up to 7 years (may be given alternating with 4-week courses of chemotherapy). PSP was administered to conventionally treated patients with stage III to IV non-small cell lung cancer at a dosage of 3.06 g/day for 1 month. As a prebiotic, PSP was used at a dosage of 1,080 mg (3 capsules) three times daily

Contraindications

Contraindications have not been determined.

CORDYCEPS

(*Ophiocordyceps sinensis* or caterpillar fungus) is a fungus

that lives on certain caterpillars in the high mountain regions of China, North America and Europe and traditionally has been used to treat diarrhea, headache, cough, rheumatism and liver disease. Referred to as “Himalayan Viagra” or “Himalayan Gold,” natural cordyceps is expensive and hard to find. Most cordyceps used for supplements is grown in a laboratory.

Cordycepin (3 deoxyadenosine) is a molecule found in cordyceps that has very potent anticancer, antioxidant and anti-inflammatory effects.²⁶

Cordyceps has also been shown to enhance physical stamina by increasing cellular energy and to have antibacterial, antifungal, antiviral, larvicidal, anti-inflammatory, antidiabetic, antioxidant and antitumor properties.²⁷

Benefits:

- Boosts energy
- Enhances blood flow and oxygen utilization
- Antibacterial

Consumption:

Available only in supplement form

Dosage:

Undetermined

Contraindications:

Be careful taking cordyceps with cyclophosphamide (trade names include Cytosan and Neosar) and other immune suppressants like prednisolone. Cordyceps

also slows blood clotting, so it should be avoided by people with bleeding disorders and should not be taken two weeks before surgery.

MAITAKE MUSHROOMS

(*Grifola frondosa*) grow wild in parts of Japan, China and North America. Maitake means “dancing mushroom” in Japanese. An adaptogen (a natural substance that counteracts the effects of stress in the body), maitake regulates physical and mental systems of the body that have become unbalanced. It has a



Maitake promotes balance in physical and mental systems

cholesterol-lowering effect,²⁸ enhances antibody production in response to influenza vaccinations and mitigates the symptoms of the common cold.²⁹

Benefits:

- Boosts immune response
- Antiviral

Consumption:

While edible, maitake is mostly considered to be a medicinal mushroom and taken as a supplement.

Dosage:

For disease prevention, dosages range from 12 to 25 mg of the extract; studies have also reported dosages ranging from

Turkey tail has anti-cancer benefits



200 to 2,500 mg of whole powder daily.

Contraindications

No contraindications have been identified.

AGARICUS BLAZEI MUSHROOMS

contain compounds that exert antioxidant, anti-inflammatory, antimicrobial, antitumor, and blood sugar-lowering effects.

It improves blood glucose levels, and when used in combination with the diabetes drug metformin, a daily 1,500 mg dose of *Agaricus blazei* was able to improve insulin resistance and cut blood sugar levels by half compared to people given metformin alone.²³

Agaricus blazei extract also improves liver function in patients with hepatitis B.²⁴

Benefits:

- Lowers blood sugar

Consumption:

Agaricus blazei has a sweet flavor and is edible, but it is more frequently used medicinally.

Dosage:

For diabetes, 500 mg of *Agaricus* mushroom extract three times daily has been reported.

Contraindications:

May cause hypoglycemia in some people with diabetes and cause issues in patients with liver disease.

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***Agaricus blazei* is best known for its effects on blood sugar**

Let me count the ways ... to eat mushrooms

Risotto, lasagna, soups, stews, omelets, soufflés, stir fries, mushroom burgers, mushroom pizzas and melts... or how about a caramel-flavored porcini brûlée topped with honey-sage ice cream and Tonka bean meringue?

Mushrooms are superb additions to almost any meal in almost any form except raw. Raw mushrooms have tough cell walls, mainly made out of chitin, a fibrous substance consisting of polysaccharides, that makes them fundamentally indigestible without first cooking.

Mushrooms contain a lot of B vitamins and vitamin D in the form of ergosterol, and some mushrooms, such as reishi, have

up to 25 percent usable protein. They are also a great source of phosphorus, potassium, selenium, zinc, copper, magnesium and other minerals, as well as a very good source of fiber.

Granted, even if properly cooked, serving sizes have to be large for most mushrooms to provide significant nutritional value. And forget trying to ingest them solely for medicinal purposes. But learning to cook with mushrooms is a fabulous way to add vital nutrients to your diet.



Which kind of mushroom supplement is best?

Two thousand years ago, in traditional Chinese medicine, mushrooms and herbs were made into teas for optimum delivery. Today there are many forms in which to consume mushrooms. Quality medicinal mushroom products come in concentrated extract form as either a powder or liquid supplement. Both forms have outspoken advocates.

Powdered extracts should result from a multi-step process that breaks down the chitin. The form of the product (powder vs. liquid) isn't important. What is important is bioavailability. Dehydrated and

pulverized raw mushrooms are not bioavailable. In either form, a dual extract or a hot water-extracted mushroom supplement is considered best. Tinctures are liquid mushroom extracts made in alcohol. Along with mushroom teas, tinctures are not the most potent method of ingestion.

The key to finding a good mushroom supplement is to look for specific medicinal substances present in the ingredient list. Mycelium-based supplements are not advised. A mushroom and its mycelium (the white filaments that make up the vegetative

part of the fungus) show huge differences in their chemical makeup.

Mushrooms are the "fruiting body" of the fungus and produce greater amounts of medicinal beta-glucans and metabolites like triterpenoids. Because mycelium is typically grown on grain (often in sterile laboratories), mycelium products can contain as much as 70 percent starch, as opposed to mushrooms which contain less than 5 percent.

Even if the label says "mushrooms," check the Supplement Facts panel.



Lymphatic drainage is the
key to beating ME/CFS,
says Dr Raymond Perrin

Go with the flow

Carotid artery
Subclavian vein
Thoracic duct
Ribs
Oesophagus
Azygous vein and
tributaries
Cisterna chyli

Treating a patient for back pain in 1989 led osteopath and neuroscientist Raymond N. Perrin to the concept that there was a structural basis to myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS). He has since spent three decades sifting through the scientific evidence on the condition and developing an effective technique based on lymphatic drainage—The Perrin Technique—for treating sufferers.

Here are his central findings.

The Perrin Technique: the facts

Fact 1: Fluid flow

Fluid flows around the brain and continues up and down the spinal cord. This is known as cerebrospinal fluid and has many functions, including being a protective buffer to the central nervous system and supplying nutrients to the brain.

But one function that has received significant scientific attention only recently is the role it plays in the drainage of large molecules, including many poisons (toxins), out of the central nervous system into the lymphatic system.

This system, which I have referred to since 1989 as “neuro-lymphatic drainage,” has now been proven to exist by a brilliant group of scientists in the US and Europe who have termed this drainage “the glymphatic system,” as it has been shown to drain toxins from support cells in the brain known as the ‘glia’ to the lymphatics.¹ In fact, actual lymphatic vessels have been discovered in the membranes of the brain in both animal and human studies, which can now be visualized by MRI scanning.²

Fact 2: Getting the toxins out

The lymphatic system is an organization of tubes around the body that provides a drainage system secondary to the blood flow. Why does the body need a secondary system to cope with poisons or foreign bodies in the tissues? Are the veins not good enough? The answer is size.

The blood processes poisons and particles that enter the circulatory system via the walls of microscopic blood vessels known as capillaries. Their walls resemble a fine mesh which acts as a filter, allowing only small molecules to enter the bloodstream itself.

When the blood reaches the liver, detoxification takes place, cleansing the blood of its impurities.

Larger molecules of toxins often need breaking down before entering the blood circulation, and they begin this process of detoxification in the lymph nodes on the way to drainage points just below the collar bone into two large veins (the subclavian veins). Most of the body’s lymph drains into the left subclavian vein.

The capillary beds of lymphatic vessels, known as terminal or initial lymphatics, take in any size of molecule via a wall that resembles the gill of a fish, opening as wide as is necessary to engulf it. The lymphatics also help to dispose of some toxins and impurities through the skin (via perspiration), urine, bowel movements and breath.

Once toxins have drained into the subclavian veins, they eventually find their way into the liver where they are broken down.³

Fact 3: The pumping mechanism

Initially, the lymphatic system was thought not to have a pump of its own. Its flow was believed to depend on the massaging effect of the surrounding muscles and the blood vessels lying next to the lymphatics, akin to squeezing toothpaste up the tube.

But we now know that the collecting vessels and ducts of the lymphatic system have smooth muscle walls,⁴ and that the main drainage of the lymphatics, the thoracic duct, has a major pumping mechanism in its walls.⁵ This is controlled by the sympathetic nervous system.⁶

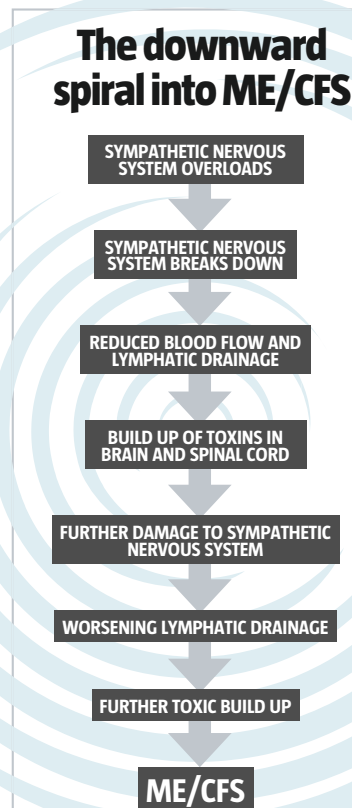
If there is a disturbance of the sympathetic nervous system, the thoracic duct pumping mechanism may push the lymph fluid in the wrong direction and lead to a further buildup of toxins in the body.

Fact 4: The sympathetic nervous system

The sympathetic nervous system is part of the autonomic nervous system of the body, which deals

with all the automatic functions of the body. Although it’s known for being the system that helps us in times of danger and stress, often referred to as the ‘fight or flight’ system, the sympathetic nervous system is also important in controlling blood flow and the normal functioning of all the organs of the body, such as the heart, kidneys and bowel. And it’s vital for healthy lymphatic drainage.

In ME/ CFS and fibromyalgia sufferers, the sympathetic nervous system will have been placed under stress for many years before the onset of the signs and symptoms. This stress may be of a physical





David Lusch



Mayur Shah

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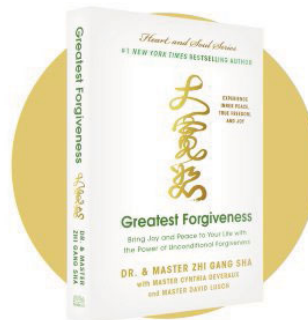
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nature due to postural strain or an old injury, or it may be emotional, environmental (such as pollution) or due to stress on the immune system due to infection or allergy.

The sympathetic nerves spread out from the thoracic spine to all parts of the body. The hypothalamus, a part of the brain just above the brain stem, acts as an integrator for autonomic functions, receiving regulatory input from other brain regions, especially the limbic system, which involves emotion, motivation, learning and memory. The hypothalamus also controls all the hormones of the body.

Fact5: Biofeedback

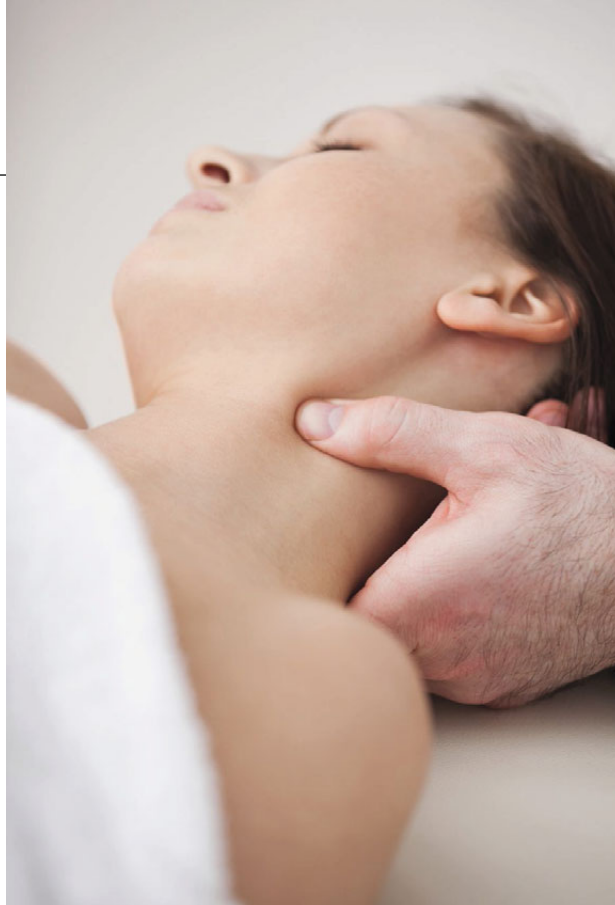
The hypothalamus controls hormones by a process called biofeedback. This mechanism can be explained with the following example. If the sugar levels in the body are too low, it may be due to a rise in the hormone insulin, which is produced in the pancreas. Insulin, like other hormones, is a large protein molecule that travels through the blood and stimulates the breakdown of sugar. It passes from the blood into the hypothalamus, which will calculate if more or less insulin production is required and, accordingly, send a message to the pancreas to make the necessary adjustments.

The region of the hypothalamus is one of a few areas of the brain that allow the transfer of large molecules into the brain from the blood (known as circumventricular organs). In all other parts of the brain there is a filter known as the blood–brain barrier (BBB) that separates the blood from the cerebrospinal fluid. The BBB contains tight junctions that prevent toxins and other harmful material entering the brain's cells from the blood. However, protein transport molecules that can cross the BBB can carry these huge protein molecules, enabling the biofeedback mechanism to work and allowing the transfer of hormones into the brain.

Water molecules are small enough to naturally pass through the BBB via channels within membrane proteins known as aquaporin. Due to the tight junctions in the BBB, the transport of larger molecules is limited through the cells that line the blood vessels separating the blood and the brain's tissue.

Evidence suggests that these barriers are subject to damage from neurotoxic chemicals circulating in blood. The aging process and some disease states also render barriers more vulnerable to damage.

In many disease states, gaps in the BBB plus dysfunctional protein transporters mean that large toxic molecules can invade the brain and wreak havoc on the normal functioning of the central nervous



In ME/CFS and fibromyalgia sufferers, the sympathetic nervous system will have been under stress for many years before the onset of symptoms

system.¹² In ME/CFS, it's been proven that many immune cells that are pro-inflammatory do just this.¹³

Fact6: What goes wrong

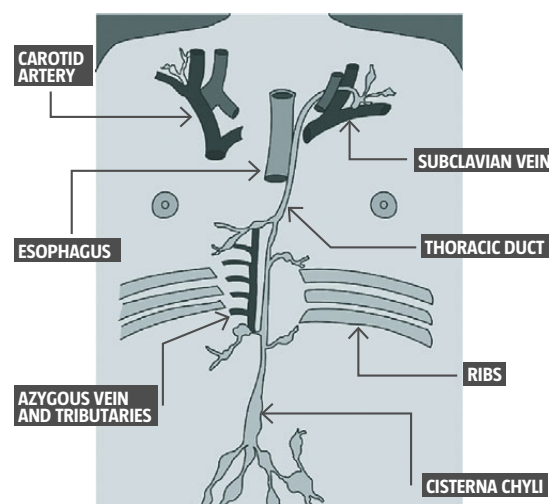
The central nervous system, composed of the brain and the spinal cord, is the only region in the body that for hundreds of years was believed to have no true lymphatic system. Since the lymphatics exist to drain large molecules, what can the central nervous system do if attacked by large toxins?

It's now been demonstrated that the cerebrospinal fluid drains toxins along minute gaps next to blood vessels, called paravascular spaces, and these transport the toxins into fluid in spaces within the arterial walls, known as perivascular spaces, and then onto the lymphatic system outside the head through perforations in the skull.

Drainage also occurs from the perivascular pathways into lymphatic vessels in the outer layer of the meninges, the membranes surrounding the brain.¹⁴ The lymphatic vessels in the head and around the spine take toxins away via the thoracic duct and right lymphatic duct into the blood and the liver where they are broken down.¹⁵

This drainage mechanism has now been filmed, with the largest amount draining through a bony plate

The thoracic duct



This image shows the central lymphatic drainage system into the blood. The thoracic duct moves toxins from the lymph into the bloodstream via the subclavian vein. From there, the toxins are processed in the liver.

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situated above the nose (known as the cribriform plate).¹⁰ The toxins then drain into lymphatic vessels in the tissue around the nasal sinuses. There is further drainage down similar channels next to blood vessels supplying the cranial nerves, especially the optic, auditory and trigeminal nerves in the eye, ear and cheek respectively, and also down the spinal cord outward to pockets of lymphatic vessels running alongside the spine.¹¹

Fact 7: Build-up of toxins

In ME/CFS, I believe it is these drainage pathways, both in the head and spine, that are not working sufficiently, leading to a build-up of toxins within the central nervous system.

The reasons for drainage problems can vary from patient to patient. It may be trauma to the head from an accident; it may be hereditary or due to a problem at birth. The spine may become out of alignment—especially in very active teenagers—which can lead to a disturbance in normal drainage. If the spine and brain

The Perrin Technique helps drain the toxins away from the central nervous system



are both affected, the increased toxicity will disturb hypothalamic function and will therefore further affect sympathetic control of the central lymphatic vessels. This in turn pumps more toxins back into the tissues and brain via the perivascular and paravascular spaces, which further affects hypothalamic and sympathetic control. With this, a vicious circle has started.¹²

Treating the problem

ME/CFS is very much a biomechanical disorder with clear and diagnosable physical signs, including disturbed spinal posture, enlarged lymph vessels and specific tender points related to sympathetic nerve disturbance and backflow of lymphatic fluid. Fluid drainage from the brain to the lymphatics moves in a rhythm that can be palpated using cranial

CASE STUDY:

Jade's story

I developed ME after a nasty bout of glandular fever [Epstein–Barr virus, also called mononucleosis] at age six. I was eventually diagnosed at 11 years old, and my condition got progressively worse over the next seven years.



expected, I got worse before I got better on the program.

After one particular treatment, I reacted severely and was partially paralyzed for 24 hours. This reaction, although rare and frightening at the time, was the best thing

By the time I reached my eighteenth birthday, I was extremely unwell. I was wheelchair-bound, unable to stand for more than a few seconds, light sensitive, noise sensitive, very nauseous and in constant severe pain and fatigue.

After so many years of being severely ill my body was giving up, and at 18, so was I. I had to rely on my parents as carers, couldn't leave the house and had no quality of life.

My mum did some research on the Perrin Technique and agreed it was worth a try. Until this point no other treatment had helped me, including seven years under a pediatric consultant, a referral to the head of pediatric ME for the country, graded exercise, pacing, allergy testing, diets and several alternative therapies.

We met with Dr Perrin and the treatment made immediate sense to us. He explained ME in a way nobody else ever had. All the symptoms that other doctors had brushed off suddenly had a real medical explanation, and thankfully, an answer.

I was examined by Dr Perrin and graded at 2/10 on the Perrin scale, which is severe, but I was still able to be helped. As

that could have happened to me as once I got through it, my recovery accelerated and I was soon seeing vast improvements in my condition.

I took my first steps shortly after this reaction and dumped the wheelchair for good a mere four and a half months after starting my Perrin journey. By September, I was working part-time, had enrolled in college and was practicing for my driving test, which I passed the next month. I was starting to finally lead a normal life for the first time in 11 years.

A year after I ditched the wheelchair, I challenged myself and did a sponsored climb up Scafell Pike, the tallest peak in England. On reaching the top and looking out over the Lake District I knew I was never going back to being that ill shell of a person thanks to Dr Perrin and the Perrin Technique.

Nine years on and, although I still have treatment every couple of months to ensure I stay well, I am largely symptom-free. Without the treatment, there's no way I would have the life I have today, and I am forever grateful for the second chance at life that it gave me.

Self-help exercises

In addition to treatment from a trained practitioner, there are a number of self-help exercises that can help with lymphatic drainage. Try the following in sequence; just make sure you don't do anything that causes pain.

Upper thoracic rotation exercise

This gentle rotation is designed not to stretch muscles and joints, but gradually and subtly to increase movement of the upper back. The movement should be as rhythmic and relaxed as possible.

- Sitting down, facing ahead, place your hands around both sides of

your neck with thumbs nearest your shoulders, elbows facing forward and down.

- Slowly rotate the upper body first to the right (from the waist up) keeping your head and neck facing the same direction as

your upper body. Only rotate or twist about 45° in total.

- Now twist gently and slowly, without stopping in the middle, to the left side.
- Repeat five times each way.



Mid-thoracic rotation exercise

This exercise encourages movement in the middle section of the thoracic spine.

- Repeat the same rotation as above, but this time cross your arms and hug your shoulders with your hands.



- Repeat the movement five times each way, making sure that your head, neck and shoulders all stay in line.

Lower thoracic rotation exercise

This exercise improves mobility of the lower thoracic spine.

- Repeat the same movement, but with your arms folded at the waist.



- Repeat the movement five times each way, again keeping your head, neck and shoulders in line.

Shoulder rolling exercise

Finish these exercises with some shoulder rolls:

- Standing up if you are able, gently roll your shoulders slowly forward five times and then slowly backward five times.



osteopathic techniques. A trained practitioner can feel a disturbance of the cranial rhythm in ME/CFS sufferers.¹²

The Perrin Technique helps drain the toxins away from the central nervous system and incorporates manual techniques that stimulate the healthy flow of lymphatic and cerebrospinal fluid and improve spinal mechanics. This in turn reduces the toxic overload to the central nervous system, which subsequently reduces the strain on the sympathetic nervous system and ultimately aids a return to good health.

Effective effleurage

One of the key treatments I use for patients with ME/CFS is effleurage, a method of massage that requires stroking motions along the surface of the head, neck and trunk. The exact nature, content, intensity and timing of each treatment is determined by a trained and experienced practitioner, but the general goal is to relieve congested lymphatics throughout the body.

To avoid any friction, which will aggravate any inflammatory condition, it's important to use plenty of lubrication when carrying out effleurage, and the right type of oil or cream. I like to use coconut oil and sweet almond oil, but other natural, hypo-allergenic and unscented oils or creams will work too. Don't use baby oil as it is a perfumed mineral oil, a byproduct of refining crude oil to make gasoline and other petroleum products. It's composed mainly of alkanes and cycloalkanes which, like other hydrocarbons benzene and formaldehyde, can cause damage to the nervous system.

The gentle strokes are carried out rhythmically toward the subclavian region, which creates what I call the "concertina effect." As with a concertina or accordion, where putting pressure on the ends of the bellows forces air through the instrument to produce the desired musical effect, so effleurage performed toward either clavicle (collarbone) on both sides creates a pressure that forces the lymph to drain out through the central drainage into the subclavian veins (see image opposite).

This increased pressure of lymphatic fluid produced within the thoracic and right lymphatic ducts creates a negative pressure in the lymphatic vessels above and below, which then produces what is known as the siphon effect, which will be familiar to anyone who has ever cleaned out a fish tank—sucking on a tube creates a pressure gradient. Fluid will always flow from an area under higher pressure to an area of lower pressure. So, lymph will continue to drain from the entire system, eventually including the lymphatic system of the brain and spinal cord. Toxins stuck in the central nervous system, some for many years, will slowly and surely drain away after being sucked up, just like the siphon tube in the fish tank, into the main trunks and ducts of the lymphatic system.

Gentle manipulation

Another technique is gentle articulation of the thoracic and upper lumbar spine, plus stretching and articulation of the ribs along with effleurage of the lymphatics that run up either side of the spine. This combination of gentle articulation and soft tissue techniques improves movement of the thoracic and upper lumbar spine and the ribs and relaxes the muscles around the spine.

This is achieved together with upward effleurage from the waist to the level of the collarbone to increase the lymphatic drainage of the spine.

The main objective of the articulatory, soft tissue techniques and occasional high-velocity manipulation is to improve the structure and overall quality of movement of the dorsal and upper lumbar spine. All the articulatory techniques are slowly and gently applied with minimal force in order to avoid irritating spinal inflammation and reduce any reactive spasm from the surrounding muscles.

Improving the biomechanics of the spine and lymphatic flow in this region aids overall neuro-lymphatic drainage. This is all helped by the very rhythmic and gentle nature of this technique, which, when combined together with stretching and movement of the ribs, creates an extremely relaxing yet powerful treatment, not just for ME/CFS but also for many upper body mechanical dysfunctions and general upper back pain.

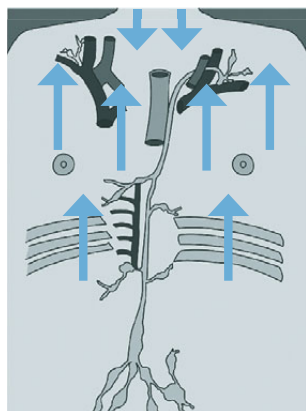
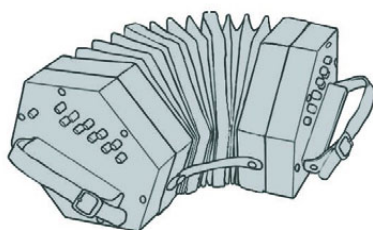
This technique will also help relax the diaphragm—the muscle wall between the abdomen and thorax. Helping reduce diaphragmatic tension will aid lymphatic drainage.

Better breathing

After increasing the movement of the restricted spine and relaxing the surrounding muscles, it's important to try to improve respiratory mechanics. This is crucial in ME/CFS patients, since the amount of oxygen in the body affects the chemical content of the body, and this has a direct effect on the body's tissues.

Reduced oxygen produces greater fatigue in the patient and will aggravate symptoms. By improving the mechanics of respiration in the rib cage, the

The concertina effect



Just like a concertina or accordion uses pressure to make sound, effleurage creates pressure that helps the lymph to drain out into the subclavian veins.

patient's lung capacity is increased when they inhale, thus raising their oxygen intake.

Inhalation has been shown to aid cerebrospinal fluid motion, which in turn aids the cranial rhythmic impulse (CRI), which I believe drives neuro-lymphatic drainage.¹⁴

Cranio-sacral techniques

The most important and powerful part of the treatment is stimulation of the cranio-sacral rhythm by cranial and sacral techniques, which occurs toward the end of a consultation. This directly affects the fluctuating CRI.

Cranial techniques, which involve gentle pressure and minimal movements, have been

shown to be effective in helping all aspects of health. Similar to the effects of the thoracic duct pump on the entire lymphatic system, the CRI can, by skilled practitioners, be palpated throughout the body as the lymph spreads throughout the organs and limbs.¹⁴

The direction of force through the hands and arms of the practitioner when applying this technique resembles the mechanism of pumping and sucking the air in and out of a blacksmith's bellows, but with far less pressure. During the compression phase of this gentle technique, the volume within the ventricular system is reduced, forcing the cerebrospinal fluid out and thus drainage through the various pathways.

Less is more

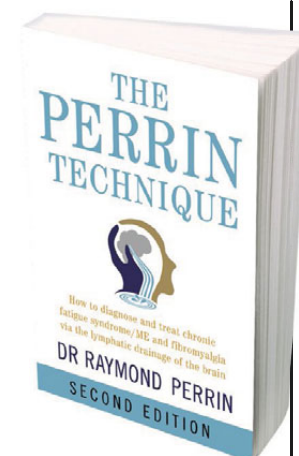
Immediately after treatment the patient may feel slightly giddy and possibly even nauseous. This is due to the fact that nasty toxins are being released from the central nervous system during the half hour or so of the treatment session. To help with this, I recommend a few choice supplements, such as vitamin C, garlic and grapefruit seed extract.

With the Perrin Technique, less is more, particularly in the early stages of treatment. Care should be taken not to overstimulate the drainage, especially the cranial rhythm, with too long or forceful a treatment as it may cause too much of a severe reaction.

As the therapeutic program progresses and the patient improves, the treatment can gradually be increased.

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Adapted from *The Perrin Technique* by Dr Raymond Perrin (Hammersmith Health Books, 2019).

To find a practitioner trained in the Perrin Technique, visit www.theperrintechnique.com

Natural remedies for swollen gums

I suffer with inflamed gums, and they occasionally bleed. Besides the obvious of going to the dentist regularly and being diligent with brushing and flossing, etc., what can I do to improve them? Are there any herbs and supplements that can help?

K.T., via email

Inflamed gums, also known as gingivitis, affect over half the adult population, and they're even more prevalent among older people and those with other health conditions like diabetes and heart disease.^[1] The signs are swelling and redness in the gums, and bleeding after brushing or flossing the teeth, but the problem usually causes little or no discomfort. Left untreated, though, it can progress to periodontitis, which attacks both the tissues and bones that support the teeth. Happily, there are plenty of natural options for improving your gum health and fighting off gingivitis.

WDDTY offers practical, natural solutions to your most pressing health problems

USE A WATER FLOSSER

The Waterpik Water Flosser, which uses water and a unique combination of pressure and pulsations to remove plaque and bacteria from around the teeth, is clinically proven to be better than traditional floss for reducing inflammation and bleeding in the gums.^[2] And the Waterpik Sonic-Fusion, a combination of a water flosser and a sonic toothbrush, is twice as effective as manual toothbrushing and flossing for improving gum health.^[3] Both devices are widely available online (see www.waterpik.co.uk or www.waterpik.com for details).



EAT AN ANTI-INFLAMMATORY DIET

Eating an anti-inflammatory diet could help beat gingivitis, according to one study. A diet low in processed carbohydrates and animal proteins and rich in omega-3 fatty acids, vitamin C, vitamin D, antioxidants, plant nitrates and fibers significantly reduced bleeding gums after just a month.^[4] Good options include oily fish like salmon and mackerel, eggs, leafy greens, nuts and seeds, broccoli, peppers, avocados and berries.



OPT FOR PROBIOTICS

Lozenges containing *Lactobacillus reuteri* probiotic strains, available commercially as BioGaia Prodentis, appear to be effective for improving and maintaining gum health.^[5] They're available online from sites such as Amazon, although a downside is they contain the artificial sweetener sucralose.





USE AN HERBAL MOUTHWASH

Several herbs, used alone or in combination as mouthwashes, have proved effective for improving gum health. Look for all-natural, alcohol-free commercial formulas that contain these herbs, such as Nature's Answer PerioBrite Natural Mouthwash, or consider making your own. Here are some of the best herbs for your gums.

Green tea (*Camellia sinensis*). When a green tea mouthwash was pitted against a conventional mouthwash used to treat gum disease, containing the potent antimicrobial chlorhexidine, both treatments were equally effective in reducing plaque and gum inflammation, and green tea was even better for combatting bleeding gums.¹³

Neem (*Azadirachta indica*). Neem-based mouthwashes are just as effective as chlorhexidine-based ones for reducing plaque and inflamed gums.¹⁴

Turmeric (*Curcuma longa*). Well known for its anti-inflammatory, antioxidant and antibacterial properties, this herb used as a mouthwash is effective for preventing and treating gingivitis.¹⁵

Chamomile (*Matricaria chamomilla*). This soothing herb significantly reduced bleeding gums in one study.¹⁶

Aloe vera. This is another great herb for combating inflamed gums.¹⁷

Pomegranate (*Punica granatum*). A pomegranate mouthwash was even better than chlorhexidine for gingivitis in one study.¹⁸

Triphala. This traditional Ayurvedic multi-herbal preparation, containing *Terminalia bellirica*, *Terminalia chebula* and *Phyllanthus emblica*, was more effective than aloe vera and on par with chlorhexidine for reducing plaque as well as bleeding and inflamed gums (but without the side-effects).¹⁹



GO FOR COENZYME Q10

Low levels of this vitamin-like compound have been found in up to 96 percent of patients with gum disease.¹³ And taking coenzyme Q10 (CoQ10) supplements can help reduce gum inflammation.¹⁴ What's more, applying CoQ10 topically to the teeth and gums was just as effective as traditional scaling treatment for reducing plaque and bleeding gums in a group of gingivitis sufferers—and the two treatments combined were more effective than either treatment alone.¹⁵ **Suggested dosage:** 50–100 mg/day oral CoQ10 (look out for 'ubiquinol,' the active form), or try twice-daily use of a natural CoQ10-containing mouthwash or toothpaste, like Jason's Healthy Mouth Toothpaste or PerioBrite Mouthwash by Nature's Answer

TAKE VITAMINS

Separate studies suggest that supplementing with vitamins C and E can improve gum health.¹⁶ **Suggested dosage:** 1–3 g/day vitamin C; 300 IU/day vitamin E



LOOK FOR PROPOLIS

Made by bees from plant resins, this sticky substance is showing promise for all sorts of dental problems. In a preliminary trial, twice daily use of a mouthwash containing Brazilian green propolis significantly reduced plaque and gum inflammation after three months.¹³ Taking propolis supplements may also be beneficial.²⁰ **Suggested dosage:** 400 mg/day propolis capsules or twice daily use of a propolis mouthwash like BeeVital's Propolis Mouthwash



FOCUS ON FOLATE

Also known as vitamin B9, folate, used as a mouthwash, can reduce gum inflammation and bleeding.¹⁷

Taking the vitamin in capsule or tablet form might also be helpful for gum health, according to one study, although the effective dose (4 mg or 4000 mcg/day) was very high.¹⁸

Suggested dosage: Twice daily use of a folic acid-containing mouthwash like PerioBrite Mouthwash by Nature's Answer; consult a qualified practitioner if you wish to try high-dose folic acid supplementation (and use a non-synthetic form of the vitamin, like L-methylfolate)

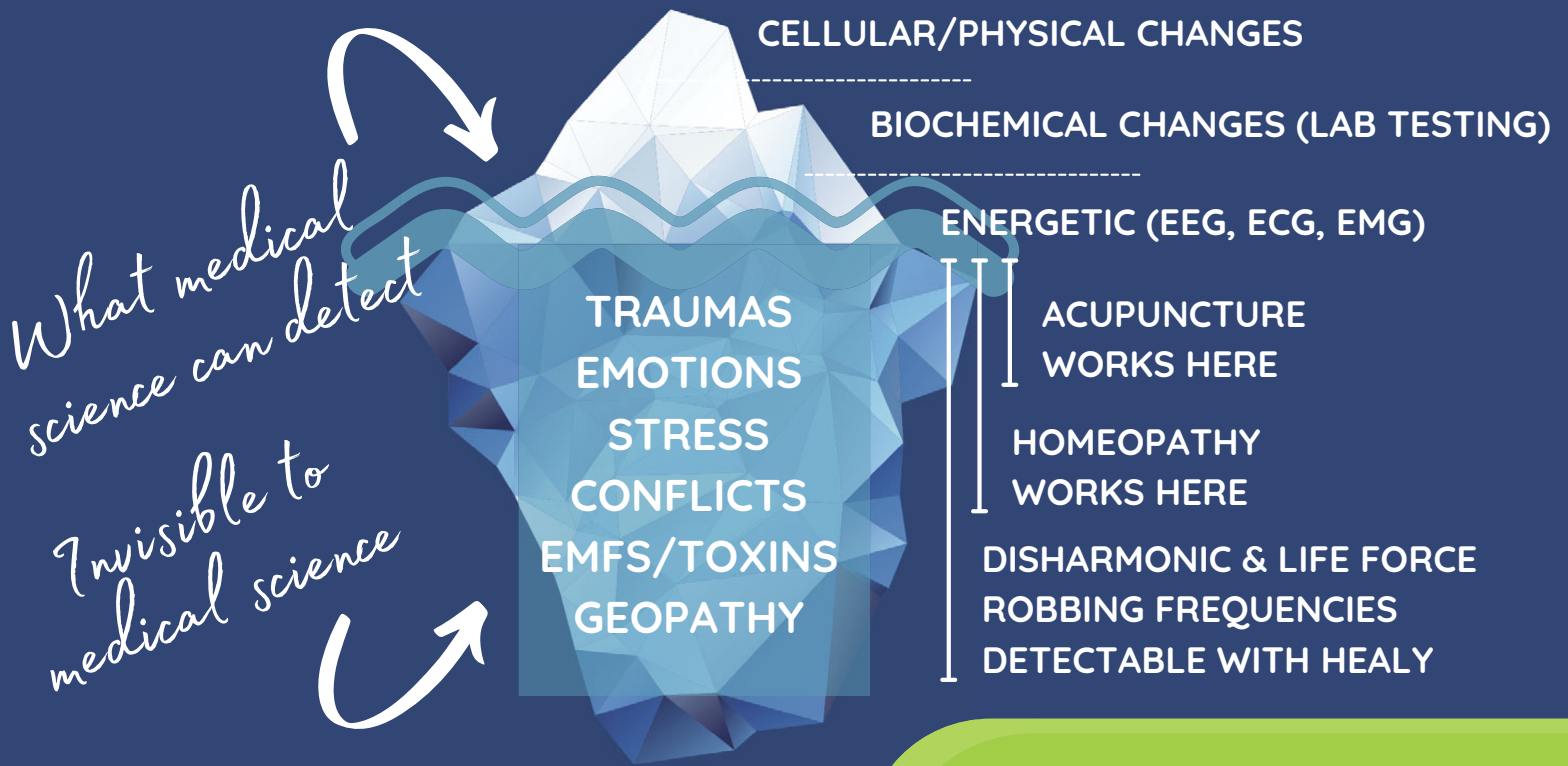


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Alternatives for cold sores

I suffer a lot from cold sores. I'd rather not have to keep using antiviral creams. Are there any natural remedies that can prevent cold sores or help get rid of them when they occur?

L.B., via email

Cold sores, also known as fever blisters, are fluid-filled blisters that form on the lips or around the mouth, caused by the herpes simplex virus. The painful blisters, which are contagious, are typically preceded by a tingling, itching or burning sensation around the lips, and later burst and turn into scabs that last several days.

Usually, a cold sore will clear up on its own within one to two weeks, but unfortunately, once you have the virus, it stays in your body. In some people, the virus stays dormant and they will never have another cold sore. But in others it gets reactivated—by factors such as stress, fatigue or skin injury for example—and they can experience frequent outbreaks.

People with compromised immune systems are more prone to cold sores, so one of the best things you can do to help prevent future outbreaks is to strengthen your immune system. See our Special Report on page 26 for a comprehensive guide. Also consider getting tested for food allergies or intolerances, which could be putting strain on your immune system and reducing its capacity to keep the herpes simplex virus in check.¹ And if you think stress could be a potential trigger for you, incorporate stress reduction techniques into your everyday routine such as meditation, yoga or tai chi.

With that groundwork done, here are some top tried-and-tested natural remedies to heal cold sores and keep them from coming back.

Drugside-effects

The usual treatment for cold sores is **acyclovir**, available as a cream or oral drug. It can be effective, but can cause side-effects such as burning and itching skin (cream) as well as renal failure and anaphylaxis (oral).¹

LOAD UP ON LYSINE

Several studies suggest that supplementing with the amino acid lysine can be helpful if you suffer from cold sores.² In one, those taking daily doses of lysine for six months had fewer cold sore infections, less severe symptoms and faster healing times than those taking a placebo.³ Eating lysine-rich foods might also be beneficial (see right), but try not to grill, broil or fry these foods as it may reduce their lysine content.⁴

Suggested dosage: 1–3 g/day as a supplement

Lysine-rich foods

Tuna	Navy beans
Turkey	Red beans
Chicken	Oatmeal
Halibut	Peanuts
Salmon	Cashews
Pork	Avocado
Cheese	Eggs

TRY VITAMIN C

Vitamin C can inactivate the herpes simplex virus in test tube studies.⁵ And in a clinical trial, those taking vitamin C along with flavonoids saw their cold sores heal significantly faster than the placebo group. The treatment was most effective when taken at the first sign of a cold sore starting.⁵

Suggested dosage: For prevention, try 1–3 mg/day (look for a vitamin C plus bioflavonoids supplement); for an active infection, take vitamin C to bowel tolerance for 5–10 days

APPLY KANUKA HONEY

A natural topical cold sore treatment made from 90 percent pharmaceutical-grade kanuka honey from New Zealand and 10 percent glycerin was just as effective as a standard antiviral cream containing aciclovir in one study.⁶ Sold as Honevo Cold Sore, the treatment is available via www.honeylab.co.nz, or if you can get hold of some kanuka honey and glycerin (available online), you could try making your own.

TRY THESE HERBAL RECOMMENDATIONS

According to herbalist Meilyr James, owner of the Herbal Clinic in Swansea, Wales (www.herbalclinic-swansea.co.uk), topical myrrh is effective for a cold sore attack. Soak a cotton bud with a 1:3 tincture of myrrh and dab it on the affected area 5-10 times a day. For best results, apply at the first tingle of a cold sore, before one has actually appeared. If you can't get hold of a myrrh tincture in time, you can slice a small piece of chili pepper and hold it on the affected area for a few seconds (this should only be used before a cold sore develops and not if there is any broken skin).

In conjunction with topical treatment, James recommends the following antiviral herbal tea recipe:

- 1 Mix together equal parts of dried St John's wort (*Hypericum perforatum*) and lemon balm (*Melissa officinalis*)
- 2 Use one tablespoon of dried herbs per mug of boiling water and infuse in a teapot for at least 20 minutes.
- 3 Drink 3-4 mugs per day for one week or until symptoms subside.

LOOK FOR LEMON BALM

Extracts of the leaves of lemon balm (*Melissa officinalis*) appear to be effective for cold sores when used topically. Using a lemon balm cream eased symptoms and led to faster healing times in one study.¹

Try Lipq Liquorice & Melissa Lip Gel (available from www.skinshop.co.uk), which also contains licorice, another helpful herb for fighting off cold sores according to test tube evidence.²

ZONE IN ON ZINC

Research in frequent cold sore sufferers suggests that the lower your zinc level, the longer your recovery time when a cold sore strikes.³ And a preliminary trial found that taking zinc supplements can reduce recovery time as well as the number of cold sore attacks.⁴
Suggested dosage: It's best to consult with a practitioner who can check your zinc levels and recommend a suitable dosage for you personally, but the dosage used in the study was 45 mg/day (in two doses). And bear in mind that long-term zinc supplementation should be accompanied by a copper supplement (2 mg/day) to prevent a deficiency

TRY VITAMIN E

Applying vitamin E oil directly to a cold sore may ease the pain and speed healing.⁵ To try it for yourself, saturate a cotton ball with the oil from a pierced vitamin E capsule and hold it on your cold sore for 15 minutes. Repeat every three hours on the first day, then three times daily for the next two days.

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Are you happy with your skin?

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Acne - CBD may be particularly powerful for acne, both soothing the inflammation and redness of cystic acne, and helping regulate sebum production to reduce surface oiliness.

Anti-ageing - Because of its plant based properties, CBD is a powerful anti-oxidant, stronger than Vitamin C & E, that can help fight visible signs of ageing. The hydration of the oil provides rich moisturisation to boost CBD's balancing powers.

"I've been a follower of CBD oil for a while but never used it in skincare. After using for just a week I feel my skin is much calmer already, amazing"
Charlotte S, Instagram Influencer

Perfect Day Cream £34 for 50ml

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Herbal helpers for your pet

In the first of a two-part series, pet therapist Elizabeth Whiter and holistic vet Dr Rohini Sathish share their top DIY plant remedies for common pet problems

In the natural world, animals self-medicate with a variety of plant material to help them survive. But as our companion animals are reliant on us for most of their needs, here's a selection of healing plant remedies for you to have on hand in your kitchen to help your cat or dog.

These remedies have been tried and tested for more than two decades on our own pets, at rescue centers all over the world and in our own private practices.

When it comes to more serious medical conditions, these simple plant remedies are not a substitute for veterinary treatment, but remember that conventional and holistic treatment go hand in hand—both are vital for the health and wellbeing of your pet.

Chickweed (*Stellaria media*)

Parts used: Aerial parts—leaves, flowers and stems

Common uses and properties: Chickweed is a wonderful herb that grows year-round in fields, gardens and hedgerows. Taken internally, chickweed acts to soothe, protect and mildly lubricate the upper digestive tract. It is packed full of vitamins A and C and minerals including magnesium, copper, silicon, zinc and iron.

It is a gentle restorative that helps animals with anemia, skin problems and disorders of the digestive tract, lymphatic system and upper respiratory tract.

Chickweed is widely available to pick from March until November; pick small clumps from meadows and footpaths.

Make your own: Chickweed ice cubes

This recipe is particularly useful for senior dogs that may be restless, need to keep cool and require a steady stream of small and nutritious snacks.

Ingredients:

A large handful of fresh chickweed

1 tsp honey

2 Tbsp water

Method:

① Place the chickweed in a blender and add the honey and water. Blitz until smooth.

② Freeze the chickweed juice in ice cube trays.

How to use: Take out one cube at a time and allow your dog to lick it. This activates the salivary glands, helping to release tension in the lower jaw.

“These remedies have been tried and tested for more than two decades on our own pets, at rescue centers all over the world and in our own private practices”

Sage (*Salvia officinalis*)

Parts used: Leaves

Common

uses and

key properties: Sage, an

important culinary herb, is an effective remedy for mouth, skin and digestive problems in dogs and cats.

It is great for keeping teeth clean and preventing gingivitis (inflamed gums) as it contains thujone, a powerful volatile oil that has antiseptic, antibiotic and antimicrobial qualities.

Make your own: Sage tea toothpaste

Ingredients:

Handful of fresh sage leaves

Boiling water

Method:

① Place the sage leaves in a mug and add the boiling water.

② Infuse for 10 minutes, then let it cool.

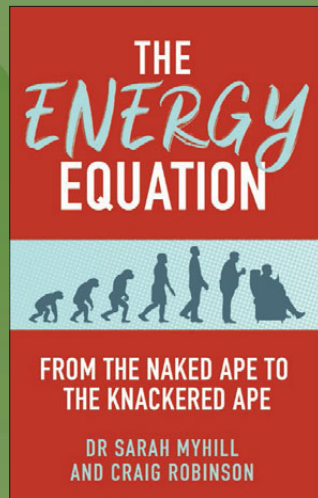
How to use: A couple of times a year, take



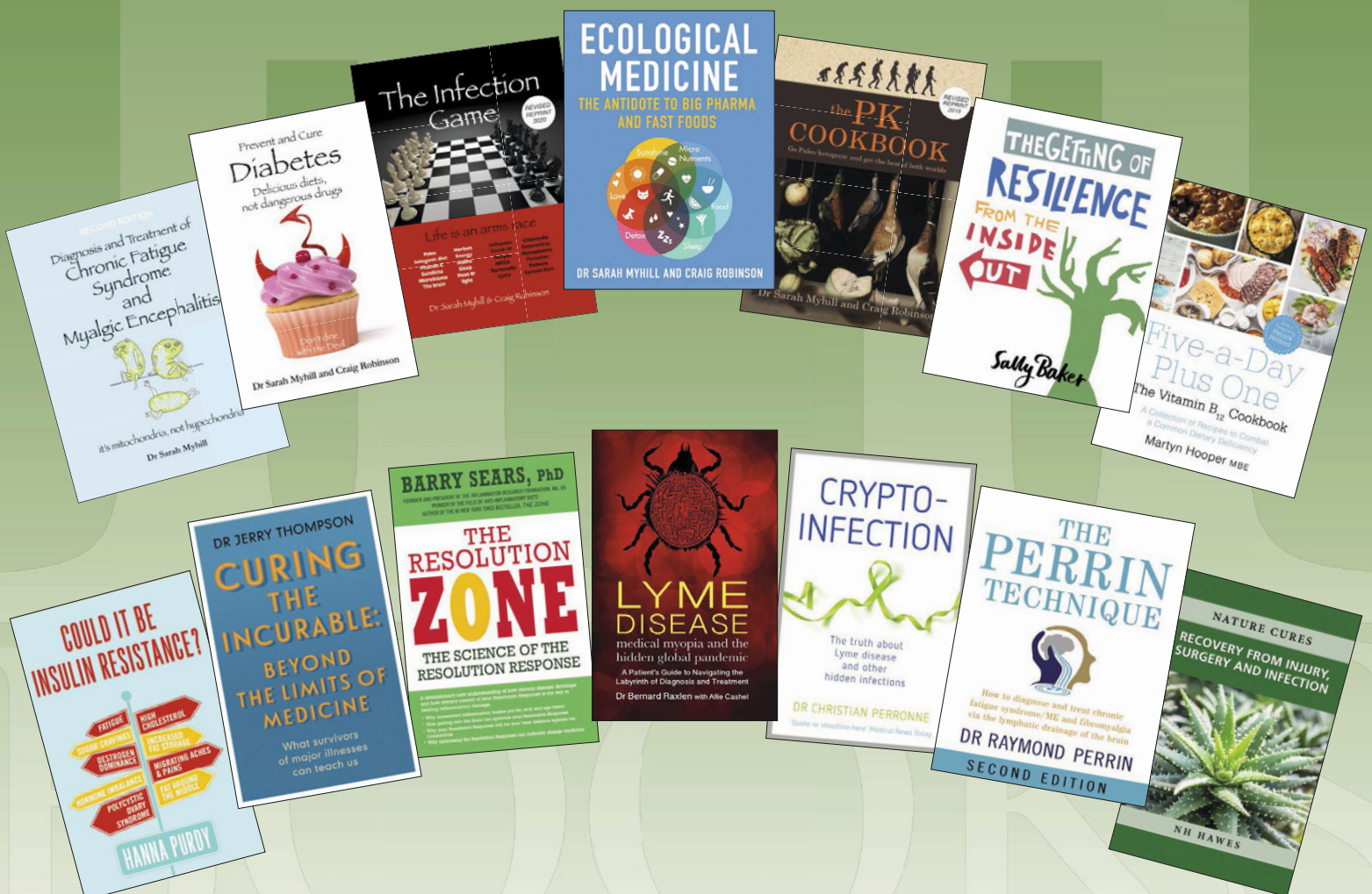


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a small children's toothbrush, dip it in the tea and then gently brush around the teeth and gums of your dog or cat.

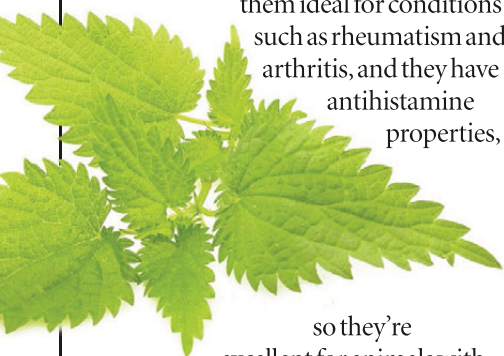
Note: This is a wonderful opportunity to have a closer inspection of your pet's mouth. If there is excess tartar or gum disease you will need to have your pet's teeth looked at by your vet.

Nettle (*Urtica dioica*)

Parts used: Aerial parts—leaves and stems

Common uses and key properties:

Nettles are a rich source of vitamins A and C, iron, sodium, chlorophyll, zinc, silica, protein and fiber. They're an excellent tonic and a general blood cleanser and conditioner. They also stimulate the circulation, which makes them ideal for conditions such as rheumatism and arthritis, and they have antihistamine properties,



so they're excellent for animals with sensitivities and allergies to pollen and tree bark.

Make your own: Nettle seeds

These are a useful support to the adrenal glands. In the summer months, strip the seeds from the stems, dry them for five days and then gently bruise them using a pestle and mortar. Keep in a labeled glass jar and sprinkle a little on your pet's food.

Make your own: Nettle leaf canine rinse

This is an excellent skin and coat rinse that will nourish your pet's fur and provide symptomatic relief for itchy skin and flea bites. Use young nettle tops, as they are more flavorful than the older leaves at the bottom of the plant. The nettle's sting is removed by cooking.

Ingredients:

4 Tbsp fresh nettle tops

Boiling water

Top tip When harvesting nettles, wear gloves and a long-sleeved top to avoid being stung. Harvested nettles will wilt after being exposed to air, heat and cooking, and this neutralizes the antigenic proteins that are responsible for the plant's sting.

Method:

① Place the nettles in a cup, then fill the cup to the brim with just-boiled water.

② Steep overnight or until cool.

③ Strain the liquid and pour into a labeled glass jar.

How to use: After washing your pet, pour this soothing rinse over your pet's fur and massage it in.



Ginger (*Zingiber officinale*)

Parts used: Root

Common uses and key properties: Ginger

is one of the most versatile herbs. It is used in culinary dishes all around the world, and is helpful as a digestive aid for animals and humans suffering from nausea, colic, flatulence, vomiting and lethargy. It's especially good for dogs and cats suffering from travel sickness and those undergoing chemo- or radiotherapy treatment for cancer.

Ginger contains anti-inflammatory compounds called gingerols, which help with circulation. This is particularly useful for senior animals that are a little unsteady. Ginger has a stimulating and warming effect on the body.

Make your own: Ginger-infused honey

Ingredients:

1 jar honey

1 oz (28 g) piece of ginger root

Method:

① Chop or slice the ginger and add to the honey jar; remove after one week.

② Label and date the jar and store in the fridge. Use within six months.

How to use: Offer half a teaspoon of the ginger-infused honey to your pet on a clean plate.

Top tip It is best to use fresh ginger root, which can be bought from the supermarket. Keep in the fridge to retain freshness and improve longevity.

Valerian (*Valeriana officinalis*)

Parts used: Root

Common uses and key properties: Valerian is

valued medicinally as a sedative and is a gentle, safe, relaxing herb for dogs and cats. It contains a chemical compound called valerinone, which acts as a stimulant in cats and is similar to catnip (*Nepeta cataria*) in that it can drive some cats into a frenzy.

A valerian cat toy (see below) can help in a variety of situations, including rehabilitation after surgery; when cats are bored or stressing about other cats in the neighborhood or their cat housemates; or when cats are anxious, nervous or suffering from emotional trauma. It also helps cats that are settling into a new home, are lethargic or depressed, or are needing mental stimulation or amusement.

Many holistic vets are also using valerian to help with epilepsy and to reduce the frequency of seizures in dogs.

Make your own: Valerian cat toy

① Sew together two 100 percent cotton squares (15 × 15 cm/6 × 6 in), leaving a small opening.

② Stuff full with dried valerian root and then sew up the opening.

③ Alternatively, take a clean 100 percent wool sock and stuff full with dried valerian root before sewing up the opening.



Adapted from *You Can Heal Your Pet* by Elizabeth Whiter and Dr Rohini Sathish (Hay House, 2015)



Rohini Sathish, DVM, MSC, MRCVS, MHAO, MCVT

Dr Sathish is an award-winning holistic vet with 22 years of experience. After training in acupuncture, acupressure, energy healing, Emotional Freedom

Technique (EFT), animal communication and herbal medicine, she now actively integrates conventional veterinary treatments with complementary therapies and is co-author of *You Can Heal Your Pet* (Hay House UK, 2015). You can contact Dr Sathish at her website: www.rohinisholisticvetcare.com

Swap that for this

These six simple swaps will help to reduce your exposure to harmful chemicals in your home, says Joanna Evans



Harsh chemical cleaning products ► Microfiber cloths

Conventional cleaning products are jam-packed with toxic chemicals—from hormone-disrupting parabens and phthalates to irritating phenols and artificial fragrances—and their use has been linked to asthma, heart problems, breast cancer and more.¹

Microfiber cloths like those by E-Cloth (www.e-cloth.com) are a great alternative as they allow you to clean almost every surface in your home with nothing more than water and a bit of elbow grease. No chemicals or even natural cleaning agents are needed—you just use a few sprays of water, and the special fibers in the cloth will remove dirt, grime and even 99 percent of bacteria when you wipe or scrub with them. There's a huge range of E-cloths available, including cloths for countertops, floors, mirrors and windows, stainless steel, ovens and hobs.

If you do need some extra help, look for natural cleaning products from companies like Attitude, ECOS, Miessence and Bio-D, or make your own solutions using ingredients like vinegar, baking soda, lemon juice and essential oils.



Tap water ► Filtered water

Tap water can contain a long list of potentially harmful chemicals including heavy metals like lead, which can cause a wide spectrum of health effects from hormone disruption to brain and nerve damage,² and fluoride, linked to lowered IQ, ADHD, underactive thyroid (hypothyroidism), bone fractures and bone cancer.³ ZeroWater jug filters (www.zerowater.com or www.zerowater.co.uk) remove virtually all dissolved solids from tap water including lead, mercury, chlorine and fluoride, so it's a simple switch that could make a big difference.

Non-organic produce ► Organic produce

Diet is a major source of exposure to pesticides, which have been associated with a variety of health effects including asthma, cancer, reproductive problems and behavioral and attention problems in children. The good news is that switching to organically grown food can significantly reduce the levels of pesticides in the body after just one week.⁴ Eating organic food is also associated with a reduced risk of cancer.⁵

If you can't afford to go fully organic, check out the 'dirty dozen' lists published by the Environmental Working Group (www.ewg.org) in the US and the Pesticide Action Network (www.pan-uk.org) in the UK for the top 12 fruits and vegetables with the most pesticides, and prioritize these. Also wash fruit and vegetables thoroughly—adding a little baking soda can help get rid of pesticides.



DITCH THIS!

Air fresheners ► Natural home fragrances

Do you have plug-ins pumping out artificial fragrances all day long? Or cover up bad odors with a spritz of synthetic scent? Air fresheners are among the most

concentrated sources of pollution in the home, often containing benzene (a carcinogen and possible reproductive toxin), toluene (a skin irritant and liver/kidney toxin), terpenes (irritants and sensitizers) and phthalates (known hormone disruptors). Regular

use of these products has been linked with earaches, diarrhea and vomiting in infants, as well as headaches and depression in their mothers.^[1]

Swapping to natural home fragrance products from brands like Neom (www.neomorganics.com), whose products (candles, diffusers, home mists and more) are scented with pure essential oils, is a good option for your health.

**USE THIS!****DITCH THIS!****USE THIS!**

Aluminum foil ► Parchment paper

Aluminum has been linked to a host of neurodegenerative conditions such as Alzheimer's, amyotrophic lateral sclerosis, Parkinson's disease, dementia, Gulf War syndrome and multiple sclerosis.^[2] Cooking with aluminum foil is one way you might get exposed to the metal, as it can leach into food. One study found that aluminum levels in red meat increased by 89 to 378 percent after it was cooked in aluminum foil, while poultry showed an increase of 76 to 215 percent.^[3]

Parchment paper—preferably the unbleached kind like the products by If You Care (www.buyifyoucare.com)—is a good alternative.

Also choose stainless steel and glass over aluminum cookware.

DITCH THIS!

Conventional beauty products ► All-natural beauty products

Standard beauty and personal care products contain all sorts of nasty chemicals that can end up in your bloodstream after being inhaled, ingested or absorbed through the skin. Hormone-disrupting phthalates and parabens are some of the key chemicals of concern. Phthalates have been linked to endometriosis and early menopause,^[4] while parabens have been implicated in breast cancer.^[5]

Switch to 100 percent natural alternatives from brands like Weleda, Green People, Odylique, Neal's Yard Remedies (all available from www.lovelula.com), Inlight Beauty (www.inlightbeauty.co.uk) and 100% Pure (www.100percentpure.com) to reduce your exposure to potentially harmful chemicals.

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THE HEALTHY **HOT** LIST

Joanna Evans rounds up new and noteworthy finds in the world of natural health, beauty, home and wellness

SOUNDER SLEEP **FORM NUTRITION**

ZZZZs, \$29/£19 (30 capsules)

www.formnutrition.com

According to a UK survey commissioned by three leading bodies championing sleep — The Sleep Charity, The Sleep Council and Sleepstation — 43 percent of us are now finding it harder to fall asleep, with anxiety around the global pandemic affecting sleep for three-quarters of people. There are lots of good tips on how to get a better night's sleep on The Sleep Charity's website (www.thesleepcharity.org.uk), but you could also try these high-quality supplements from Form Nutrition, formulated with nutrients proven to help with sleep, including 5-HTP, glycine, magnesium and zinc. The supplements are vegan and free of dairy, gluten, soy and GMOs.



PURE AND SIMPLE **STUDIO BOTANIC**

Cold Cream, \$27.90/£20 (1.69fl oz/50mL)

www.level7beautyhall.com

German natural unisex skincare brand Studio Botanic is now available in the UK, US and worldwide via online beauty store Level 7 Beauty Hall. The range includes eight products, all formulated with purely plant-based

ingredients and a “less is more” approach, avoiding the use of excessive fragrances and unnecessary fillers to ensure they’re gentle, effective and well-tolerated. We love the multitasking Cold

Cream, a hydrating blend of shea butter, avocado and olive oils, vegan waxes and rose flower extract that can be used on the face, lips, hands and body whenever they need a moisture boost.





GONUTS SUPERNATURE

Peanut Butter Cups, \$34/£25 for a box of 12

www.supernature.com

Looking for a guilt-free sweet treat? These delicious peanut butter cups are free of gluten, dairy and refined sugar and made from just four ingredients: hand-picked, dry-roasted peanuts, cacao butter, cacao powder

and coconut sugar. All the ingredients are organic, and there are no hidden additives like processing aids, oils or emulsifiers. Originally created by Noele McEvoy to satisfy her daughter's sweet tooth while following

a gluten-, dairy- and refined sugar-free diet, the Supernature range also includes Chocolate Covered Hazelnuts, Hazelnut Clusters and Raspberry Chocolate Raisins and is available for delivery worldwide.

SOAP STARS GREEN PEOPLE

AllPaws Cleansing Shampoo & Sensitive Shampoo, £14 (6.76 fl oz/200 mL)

www.greenpeople.co.uk

Much-loved organic skincare brand Green People has launched allPaws, the UK's first certified organic range of pet grooming products. It currently includes two dog shampoos—the Wild Mint Cleansing Shampoo, which has a lovely fresh fragrance, and the scent-free Sensitive Shampoo, designed for dogs with extra-sensitive skin. The products are 80 percent organic and 100 percent natural, vegan and cruelty-free. They're also suitable for cats.

At the moment, allPaws is only available in the UK. If you want to get hold of natural and certified organic pet grooming products in the US, try 4-Legger (www.4-legger.com).



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Essential oils have the power to uplift, calm, revive and more. Try these pure essential oil blends with a diffuser or add a few drops to a bath to instantly boost your wellbeing.

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Women's Balance Aromatherapy Blend, \$24.50/£15.50 (0.33 fl oz/10 mL)

In the US: us.nealsyardremedies.com

In the UK: www.nealsyardremedies.com

Formulated to harmonize imbalances during menstruation or menopause, this relaxing blend features uplifting geranium, nurturing rose and rejuvenating frankincense. The subtle floral scent is said to help take the edge off your emotions and support serenity and poise.



Tisserand

National Geographic Paradise Diffuser Oil, £10/about \$14 (0.3 fl oz/9 mL)

www.tisserand.com

Developed in partnership with National Geographic, Paradise is a blend of grapefruit, mandarin and jasmine essential oils designed to transport you to balmy, tropical evenings by the beach. The exotic aroma is the perfect antidote to a stressful day or if you're missing your beach getaways abroad.



Neom

Wellbeing Essential Oil Blends Collection, \$69/£60 (4 x 0.33 fl oz/10 mL)

In the US: www.skinstore.com

In the UK: www.neomorganics.com

This set of four top-selling essential oil blends from the aromatherapy experts at Neom is great to have on hand so you can pick the right blend to suit your mood. There's the relaxing Scent to Sleep, calming Scent to De-Stress, uplifting Scent to Make You Happy and energizing Scent to Boost Your Energy. All smell amazing.



Following standard procedures isn't always the best course for the patient

When the doc's wrong, he's still right

Bryan Hubbard

The doctor is right, and when he's wrong, he is still right, and if it's eventually determined he was wrong all along, he'll be right again soon enough.

Many a patient has come up against this wall of medicine's dogmatic certainty, and the crying shame is that it is the patient who is so often right in these situations. After all, any patient who challenges the recommended treatment has probably done her homework and thoroughly researched the condition and the best innovative new treatments. Treatments that are safer, and more effective, than that being proposed by the doctor.

For his part, the doctor is toeing the line of recommended best practice, as laid down by his governing body. To do otherwise could leave him open to a charge of malpractice; better to follow the agreed protocols and the patient dies than go out on a limb and save a patient's life.

Right now, we're in the middle of the Covid-19 pandemic. Some of those who need critical care survive, but many don't. That means the standard treatments often can't meet the challenge of the new virus, and intubation and antibiotics are two of the only responses that emergency doctors are recommended to use.

As one hospital explained on its website, "The first thing to say is that we do not have a specific cure for Covid-19. The only treatment we have is to give the patient what are called supportive cares—treatments to keep the patient going whilst their own immune system tries to fight off the virus."

And what's one of the ways we can give our immune system that fighting chance? It's high-dose vitamin C, a treatment that has been ignored, and even denigrated, by some emergency doctors—but not all. In fact, around 5,000 have signed a petition to get

the therapy into intensive care units (ICUs), and their group, Vitamin C for Covid (www.vitaminC4covid.com), is raising funds to explore how it can help elderly residents in care homes.

The group's director, nutritionist Patrick Holford, says: "Vitamin C can reduce the number of people getting severely infected and dramatically reduce the risk of death in those critically ill in hospital. It is safer than water, inexpensive and widely available. The appropriate use of vitamin C as early as possible in infection, and in high intravenous doses in ICUs, would potentially be a game-changer."

He has prepared an extensive review of the vitamin's effectiveness, especially as a therapy for infectious diseases such as Covid, and has concluded that up to 8 grams orally reduces the incidence and duration of respiratory infections, while up to 24 grams given intravenously reduces death rates and time in intensive care.¹



Better to follow the agreed protocols and the patient dies than go out on a limb and save a patient's life

As it is, vitamin C therapy is dismissed as "fake news," and it's a tragedy, says Holford. That's what Sally J. Roberts thought, too, when she came up against the dogma of conventional cancer care. Her seven-year-old son, Neon, had just completed successful surgery on his brain tumor, but the oncologists wanted Neon to endure a follow-up year of radiotherapy and chemotherapy "just in case" any cancer remained.

Sally did the research that her oncologists hadn't and discovered the treatment could reduce Neon's IQ and stunt his growth. There was also a safer treatment, proton beam therapy (PBT), that didn't come with those life-destroying side-effects.

The oncologists didn't know anything about PBT and hadn't been trained in it, and so they dismissed it as quack therapy. Sally ran away from her home and went into hiding with Neon but was discovered by police in a dawn raid on her cottage.

Brought to the UK's High Court, Sally lost her parental rights, and Neon effectively became a ward of the state and was forced to have the year-long therapy, as she relates in her book, *The Treatment* (Matador, 2020).

The irony is that PBT last year became one of the standard treatments for brain tumors in the UK, and the oncologists who decried it as quack therapy have all been trained in the new technology and advocate it to patients. Yes, if it's eventually determined the doctor was wrong all along, he'll be right again soon enough.

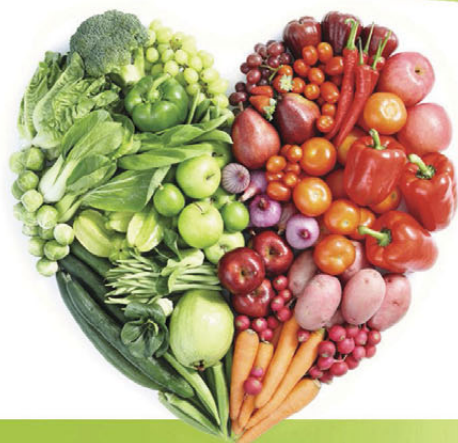
Whether it's PBT or high-dose vitamin C—or a myriad of other therapies dismissed by the orthodoxy as quackery—it's the patient who suffers, even if she does know better than the doctor.

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