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# The Miracle Mineral

**(and other natural  
wonders for tackling  
everything from heart  
disease to toenail fungus)**

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# The Miracle Mineral

(and other natural wonders for tackling everything  
from heart disease to toenail fungus)

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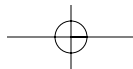
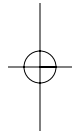
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## Chapter 1

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# The miracle mineral: Clearing up everything from acne to arteriosclerosis

Can you imagine drinking dirty, contaminated water right from a river? In most cases, you'd have a lot more to worry about than a case of infamous "Montezuma's revenge." Depending on what part of the world the water is in, it could be infested with all sorts of disease-triggering bacteria (cholera comes to mind, but that's just one example). But despite all this danger, I have a friend, a retired Indian physician, who likely drank contaminated water for 30 years while he traveled from village to village in Africa—and he never got sick once. All he did was add a few drops of a common solution (after straining the sediment and debris through a cheesecloth, of course) two or three minutes before he drank it.

It sounds preposterous, I know. But it wasn't some "magic potion" brewed up by an exotic shaman that he used to disinfect his water—it was plain old iodine. Fortunately, the water available in the places most of us travel to is considerably cleaner, but, to be on the safe side, when my wife Holly and I travel, we always carry a small bottle of potassium iodide, a form of iodine combined with molecules of potassium and usually referred to by its abbreviation—SSKI. We put one or two drops into any water we're not absolutely sure about.

You probably remember iodine as the orange liquid your mother put on any cuts or scrapes you came home wearing like a badge of honor as a child. But as you're probably already guessing, iodine's potential goes far beyond being a simple disinfectant. There are literally dozens of uses for iodine and SSKI—and most of them are ones you'd never expect.

## **Iodine, iodide, SSKI, what's the difference?**

Before we get into SSKI's other healing benefits, I thought I should take a minute to clarify what exactly this substance is, and how it's different from plain, old iodine. Iodine is a basic element, like calcium, zinc, oxygen, etc. The word "iodine" usually refers to two iodine molecules chemically "stuck together" ( $I_2$ ), just as the word "oxygen" usually refers to two oxygen molecules "stuck together" ( $O_2$ ). Since pure iodine is more reactive to other elements, it's more likely to cause problems, so iodine is usually used as "iodide," a word that refers to one iodine molecule combined with another molecule—often potassium (KI). So, even though they're not technically the same, for simplicity's sake, I've used the terms iodine and SSKI interchangeably in this chapter of the report (though always meaning SSKI unless noted otherwise).

The "SS" in "SSKI" refers to "saturated solution of potassium iodide." If you've read or heard anything at all about potassium iodide, it's probably been in association with terrorist attacks or nuclear power plant disasters. Potassium iodide (usually taken in tablet form) is recommended by public health authorities to protect the thyroid gland against accumulation of radioactive iodine that would be released by an atomic bomb or by a nuclear power plant meltdown. But in reality, potassium iodide is very effective for lots of less drastic scenarios and is a home remedy with literally dozens of uses.

### **The germ-killing travel companion no one should be without**

Holly and I have cut back considerably on airline travel this year because of the thoroughly disagreeable "airport Gestapo" experience. But even without all that, there are plenty of other unpleasant realities that go along with air travel. For example, when you sit in the cabin of an airplane for several hours (or more), you're breathing recycled, germ-laden air. That's why it's not uncommon to come

down with a respiratory infection (“airline sinusitis”) following a flight. So when we’re forced to travel by air, Holly and I drink a few ounces of water with 10 drops of SSKI. The SSKI rapidly accumulates in any and all body secretions, including in the sinuses, where it inhibits or kills bacteria, viruses, and fungi before they can cause an infection.

There have also been times when we’ve gotten to our destination—usually a conference somewhere—and one of the women in attendance comes to me with the embarrassing and uncomfortable symptoms of a bladder infection. Certainly not the sort of infection you want to catch when you’re far away from home (and your doctor). Luckily, I always carry a small “backup” bottle of SSKI, which I give to her with instructions to take 10 to 15 drops in water or juice every three to four hours (while awake) until the infection is gone.

SSKI is close to 100 percent effective in eliminating bladder infections, but the amount needed is a relatively high dose, so it’s important to use it with caution. Make sure to read the sidebar “Using SSKI safely” on page 9.

So far, I’ve been telling you about SSKI’s ability to kill germs in one place or another. We’ll return to this important home remedy use for SSKI, but for now let me tell you about some of its other uses.

### **End years of suffering with painful breast and ovarian cysts in as little as three months**

Many women develop “fibrocystic breast disease,” which is characterized by painful cysts in the breasts. In the 1970s, I learned from Dr. John Myers (one of the pioneering researchers in the use of trace elements) that iodine can minimize and possibly eliminate even the most severe cases of fibrocystic breast disease. In minor to moderate cases, 6 to 8 drops of SSKI taken daily in a few ounces of water will frequently reduce fibrocystic breast disease to insignificance within three to six months.

I’ve seen remarkable results even in patients with very severe

fibrocystic breast disease—sometimes there’s improvement in as little an hour or two. In these very severe cases, I use a form of iodine called Lugol’s solution, which is applied to the vaginal area and cervix. Then, the iodine application should be followed almost immediately by an injection of magnesium sulfate. Of course, you’ll need a doctor’s help with both of these steps (for a referral, contact the American College for Advancement in Medicine at 800-532-6688; 949-583-7666; [www.acam.org](http://www.acam.org)).

Over the past 30 years, I’ve also used SSKI to treat at least 30 women—one of them my own daughter—for ovarian cysts. These cysts usually disappear within two to three months with the same quantity of SSKI mentioned above for breast cysts.

But please do not use this treatment for either of these conditions without monitoring your thyroid function (see “Using SSKI Safely” on page 9). Testing for fibrocystic breast disease and ovarian cysts and treatment of them using SSKI requires the help of a physician skilled and knowledgeable in nutritional and natural medicine, who can also help with monitoring thyroid function.

It’s very likely that SSKI helps eliminate fibrocystic breast disease and ovarian cysts at least partly through its interaction with estrogens... which brings me to another important use for SSKI. Various forms of iodine, including SSKI, can help your body to metabolize estrone (a slightly carcinogenic human estrogen) and 16-alpha-hydroxyestrone (a much more dangerous metabolite of human estrogen) into estriol, an anti-carcinogenic—or, at worst, neutral—form of human estrogen. I’ve reviewed literally hundreds of hormone tests in over 26 years—all of which have proven this point.

### **Iodine’s benefits may save you the pain and embarrassment of some sensitive conditions**

“But what ever happened to the old way iodine was used?” you might wonder. “What about applying it to my skin? Does it have

any benefits that way?” It’s a good question with an even better answer—a resounding yes.

Iodine has just as many topical applications as internal, and the results are just as great. In fact, some of the topical applications might save you from the continued pain and embarrassment of some rather sensitive (and I mean that in every sense of the word) conditions.

Mainstream medicine has plenty of options for people with hemorrhoids—over-the-counter creams, pads, and ointments, those inflatable “donuts” to sit on, and, of course, surgery. Unfortunately, the less drastic ones aren’t very effective, and the more drastic are just that—drastic. But my colleague Richard Kunin, M.D., (a world-class expert on the use of SSKI and other forms of iodine) has found that hemorrhoids will disappear—sometimes literally overnight—when a mixture of 20 drops of SSKI and 1 ounce of flaxseed oil is applied to them at bedtime. SSKI alone will do the same job, but Dr. Kunin’s patients have reported that it “really stings” when applied by itself.

This loosening of thickened tissue also works for scars, especially keloids, which are abnormally thick (sometimes up to an inch) scars. Rubbing SSKI into a keloid at least twice daily will ultimately flatten it down to a normal scar. But patience really is a virtue here: It can take many months to a year for particularly bad ones. You can help the treatment go a bit faster if you mix SSKI “50-50” with a substance called dimethyl sulfoxide (DMSO), which is available in most natural food stores and even some pharmacies.

### **The pictures are worth a thousand words: SSKI fights cholesterol buildup and unclogs arteries**

Over 30 years ago, two ophthalmologists observed that when they gave patients a combination tablet called “Iodo-niacin” (which contained 120 milligrams of iodide and 15 milligrams of niacin) and instructed them to take it for several months, the supplement actually reversed atherosclerotic clogging of arteries. And it’s hard to argue with their proof: They took pictures of clogged

arteries in the backs of the eyes before and after treatment. The published “after” photographs showed a significant lessening of the cholesterol-laden artery clogging.

Amazingly enough, no follow-up study has ever been published (probably because niacin and iodide aren’t patentable). But the published pictures speak clearly for themselves.

I learned about iodine’s power to help “dissolve” oils, fats, and waxes (cholesterol is actually a wax) way back as a pre-med student. The famous Harvard chemistry professor Louis Feiser made a point of demonstrating this to my classmates and me, and he urged us to remember it in our medical practices (he told us he was sure it wouldn’t be taught in medical school—he was right).

I took Professor Feiser’s advice to heart and still recommend 4 to 6 drops of SSKI and a niacin-containing B-complex vitamin as part of a daily supplement regimen for anyone with significant cholesterol-related clogged arteries.

**From toenail fungus to pimples:  
Get rid of those nagging, bothersome problems  
once and for all**

Now, let’s move on to some bothersome conditions that just about all of us have experienced at one point or another—and I’ll tell you how SSKI can help.

When my children were teenagers, they always knew where to find the SSKI bottle. Whenever one of them got a pimple, she or he knew to rub SSKI into it every hour or two. The offending “zit” disappeared in 24-48 hours or less (and let me tell you—this approach saved the day for more social events than I can count).

Then there’s infected hangnails. Most people never even think to try to “cure” them, but they’re very easy to clear up (as are nagging bacterial infections around the edges of the toenails) by

applying the 50-50 SSKI/DMSO mixture to them. Rub in the mixture several times daily, and the problem's usually gone in a few days. Cold sores (and other herpes outbreaks) can be stopped cold in the same way, but it often takes longer for the sore to heal itself over.

Toenail fungus is one of those annoyingly persistent conditions that just doesn't seem to respond well to many treatments. Even conventional antifungal drug treatment takes months to work, and using them means you need to have monthly liver function tests for safety reasons. The SSKI and DMSO mixture doesn't work any faster, but it's just as effective as antifungal drugs-and definitely safer. Rub it on, around, and under the affected toenails. And make sure to wear old socks, because SSKI and other forms of iodine leave an orange-brown stain. (If you really don't want to ruin your socks, you can also use oregano, geranium, or tea tree oils mixed with DMSO for toenail fungus.)

SSKI can also help clear up vaginal infections. Twenty to 30 drops in water, used in a small "douche" once daily for five to 10 days will usually do the job. (There's actually a prescription-only iodine preparation available for vaginal infections, too.) However, iodine preparations of any sort for vaginal infections aren't usually very popular because of the inevitable orange-brown stains they leave on clothing.

And last, but not least, there's also a gastronomic use for SSKI. I'm sure you know the little song (popular among most 10-year-olds): "Beans, beans, they're good for your heart. The more you eat, the more you..." well, you know the rest. It might be a silly and slightly crass song, but it does speak the truth! But, sure enough, SSKI can help reduce the gas we all get from eating beans. If you soak beans before cooking them, add 1 or 2 drops of SSKI, and let them soak for another hour or so. (Make sure to rinse them and use fresh water for the actual cooking process). You'll be surprised at how much less gas you

feel later. (For those who want a technical explanation: There's a naturally occurring enzyme inhibitor in beans that interferes with starch digestion—this is what produces gas. SSKI inactivates this enzyme inhibitor.)

### **Getting your hands on this all natural “cure-all”**

By now you're probably wondering why—with all of its benefits—you haven't heard or read much about SSKI. Well, basically, it all boils down to the fact that the FDA forbids companies from making “claims”—even truthful ones—on product labels or advertisements. Unless, of course, they're paid an enormous amount of money (in the neighborhood of \$250 million) for “approval.” Since SSKI can't be patented, and no one can make back all that money they paid for approval... well, you know how it works.

SSKI can be obtained without prescription in some compounding pharmacies, some health food stores, from on-line sources, and through the Tahoma Clinic Dispensary (with which I am, of course, affiliated) in a convenient travel-size dropper bottle. To locate a compounding pharmacy near you, contact the International Academy of Compounding Pharmacists (800-927-4227; 281-933-8400; [www.iacprx.org](http://www.iacprx.org)).

### **Using SSKI safely: Three important things you need to know**

As you've read, SSKI has enormous potential benefits. But there are three hazards you need to know about when using it: staining, allergy, and a very small possibility of thyroid suppression with long-term use.

Staining can be a big nuisance, but it's not a health hazard. When SSKI is applied to skin, it can leave a faint to moderate orange-brown color, which fades away once SSKI is no longer being applied.

Iodine allergy is possible, although, in nearly 30 years of medical practice, I've only seen it maybe a handful times. Usually, it causes a red, bumpy skin rash, which is almost never a serious emergency. The rash generally goes away after SSKI or other iodine is discontinued.

But if you're still worried or if there's any suspicion at all of iodine allergy, it's best not to use it without testing for allergy.

The last precaution for you to be aware of is suppressed thy-

roid function. Many of the uses described for SSKI in this chapter are short-term, from a few days to a week or two. If you stop using SSKI at that point, there's almost no chance of significant thyroid suppression. However, if SSKI is to be used for two to three weeks or longer, and especially if it's to be used continuously, monitoring thyroid function is very important. A physician can help you order and interpret thyroid function tests.

A final safety note: If you use SSKI or other iodine long-term, make sure your diet contains plenty of essential fatty acids (both omega-3 and omega-6) as well as the amino acids methionine and cysteine. If you eat meat or other animal protein on a daily basis, you're probably getting enough of these two amino acids, but if you're vegetarian (or close) and using long term SSKI, then be sure to take 300-500 milligrams of each daily.

## Chapter 2

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### Beat diabetes with this miracle spice!

Diabetes is in the news quite a bit these days. It's becoming more and more common, and odds are you know at least one person with the disease and may very well be at risk yourself. Finding effective methods of treatment and prevention for diabetes in the face of this potential epidemic is more important than ever.

Luckily, there's an all-natural, great tasting, completely under-used treatment that can help prevent type 2 diabetes as well as help treat existing type 1 and type 2 diabetes (both of which are often treated with either an oral medication and/or insulin). Don't expect to hear about it from your "friendly" neighborhood patent medicine salesman or, in all likelihood, even from your doctor. It's non-prescription, cheap, unpatentable cinnamon! The risks involved with this treatment are small, and it's well worth considering both for current diabetics and for those with a high risk of developing the disease.

#### **Just a spoonful of this common spice can help stave off type 2 diabetes**

A few years ago, a small flurry of news reports (many found on the Internet) revealed that a research team led by Dr. Richard Anderson had isolated a part of cinnamon (a flavonoid called "methylhydroxychalcone polymer," or MHCP) that closely mimics insulin activity. The researchers observed that a combination of MHCP and insulin worked synergistically (meaning they were more effective when used together than when either one was used on its own) in regulating glucose metabolism.

The research team worked with cell cultures to examine the effects of MHCP on a series of enzymes known to be affected by insulin. Results showed that MCHP affected these enzymes in a

very similar (although not precisely the same) way as insulin. The researchers concluded that although there were noticeable differences between the responses MHCP and insulin can have on regulating sugar metabolism, the benefit of combining the two therapies is clear. They also noted that MHCP does mimic insulin and

### Seeing is believing

How do you know if you're at risk for type 2 diabetes? Well, here are some of the physical symptoms to look for on your body that might be trying to warn you that diabetes is on its way.

- Shin spots. Slow-spreading brownish-red (occasionally yellowish) discolorations on the shins are often an early warning sign of impending adult onset (type 2) diabetes.
- Skin tags. As the name aptly describes, they're "tags" of skin most frequently found on the neck, under the arms, and in the groin area, and they're a common occurrence on adults.
- Dupuytren's contracture. This condition occurs when the connective tissue under the skin of the hand begins to thicken and shorten. As the tissue tightens, it may pull the fingers down towards the palm of the hand.
- Excess weight. Obesity is probably the most widely known physical symptom for type 2 diabetes, and it's usually the easiest to spot. If this is a problem for you, make sure to carefully examine your body for the other symptoms as well.

In addition to the symptoms you can actually see on your body, you should also be aware of some internal risk factors for type 2 diabetes—namely, high blood pressure, elevated cholesterol and triglyceride levels, and, of course, family history of the disease. While these factors may not put you at risk on their own, combined with the other physical signs they can be additional clues as to whether type 2 diabetes may be in your future.

that, in most instances, MHCP can work alone—without the presence of insulin. (For more information on Dr. Anderson's MHCP research, refer to the *Journal of the American College of Nutrition*, volume 20, issue 4, pages 327-356.)

One of the possibly overlooked but successful areas for cinnamon/MHCP use is in preventing type 2 diabetes before it ever begins in those who are considered at increased risk.

### **Cinnamon may eliminate the need for drugs in patients with type 2 diabetes**

Cinnamon/MHCP might not only help control blood sugar but also, when combined with appropriate diet, exercise, and other supplementation, make patent medications and their myriad adverse effects (including significantly increased cardiovascular mortality and occasional deaths from other causes) totally unnecessary.

Individuals with type 2 diabetes who aren't using patent medications should also consider this addition to their diet, exercise, and supplement plan. If you have a mild case of diabetes, it's quite possible that your blood sugar level will normalize simply by using cinnamon or MHCP. At the very least, it should improve. And in either circumstance, using cinnamon or MHCP should postpone or even help prevent progression of type 2 diabetes and its complications. Of course, it's wisest to always work with a physician who can monitor your progress and help you withdraw from any patent diabetes medication you may be taking. For a referral to such a physician in your area, contact the American College for Advancement in Medicine (800-532-3688; 949-583-7666; [www.acam.org](http://www.acam.org)).

### **Type 1 diabetics can reduce insulin dependence**

Since insulin and MHCP have been found to be synergistic, taking MHCP or whole cinnamon should make it possible to regulate blood sugar with less insulin. Some complications of type 1 diabetes

may come from insulin use itself, so using less insulin while maintaining blood sugar control could be beneficial. In cases of type 1 (insulin-dependent) diabetes, it's definitely wisest to work with a physician whenever trying to taper down insulin usage.

### **Before you start sprinkling it on...**

Dr. Anderson noted in his research that all species of cinnamon and numerous bottles of commercial cinnamon were tried and that they all worked to help regulate glucose metabolism in his research teams' experiments.

Coupled with the widespread availability of self-monitoring devices for blood sugar measurement, it isn't hard to tell if cinnamon or MHCP is helpful. However, keep in mind that whole cinnamon, like most plants and other living things, has both fat-soluble and water-soluble fractions. There is some evidence that high levels of the fat-soluble fractions of cinnamon could be cause for concern. Some researchers have found that substances in the fat (and oil) soluble fractions of cinnamon may be both carcinogenic and genotoxic (damaging to genes, and leading to an increased risk of both cancer and birth defects). Fortunately, these risks are easily avoidable, and you can still get all the benefits of cinnamon just by taking a few simple steps.

Dr. Anderson has observed that essentially all toxic materials in cinnamon are fat-soluble. He simply recommends that, to be safe, anyone using more than 1/4 to 1 teaspoonful of whole cinnamon daily first boil it in water, then pour off the resulting watery solution for use, and discard the solid remainder, which would contain the fat and oil-soluble fractions. Since MHCP is water-soluble, it's still readily available in the watery solution poured off after boiling the cinnamon.

A helpful hint for actually going about separating the oils and fats on the surface of the water: Try pouring the water through a cheesecloth (cheesecloths are available in many supermarkets and

other cooking-supply stores).

If you prefer not to take these steps, but still want to try this natural approach to controlling diabetes, you can avoid the potential hazard of whole cinnamon by using the cinnamon derivative, MHCP.

Since I've needed this tool for many individuals with diabetes or those at risk for diabetes, and since the long term risks (if any) of whole cinnamon aren't known, I've worked with the Life Enhancement Foundation to make MHCP available in supplement form as a product called Insulife. A daily amount of Insulife combines approximately the amount of MHCP found in 1 teaspoonful of whole cinnamon with chromium and other nutrients shown to help reduce insulin resistance. Insulife is available through natural food stores, compounding pharmacies, and the Tahoma Clinic Dispensary (888-893-6878, 425-264-0059, [www.tahoma-clinic.com](http://www.tahoma-clinic.com)).

### **Taper down your medications with caution: Work with a physician**

If you're already taking insulin or a patent medication for diabetes and you want to try cinnamon or MHCP, it's important to work with a physician who can assist you in safely tapering down the amounts of medication you're using. Since many conventional physicians may not be familiar with (or may resist) the idea of using even a well-researched natural product (in combination with diet, exercise, and other specific supplementation) while reducing or completely eliminating the need for a patent medication, you may want to consult one of the following groups for a referral to a skilled alternative physician in your area: the American College for Advancement in Medicine, (800)532-3688, (714) 583-7666, [www.acam.org](http://www.acam.org); the American Academy of Environmental Medicine, (316)684-5500, [www.aaem.com](http://www.aaem.com); or the American Association of Naturopathic Physicians, (703)610-9037, [www.naturopathic.org](http://www.naturopathic.org).

## Chapter 3

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# The mustard miracle that can wipe out deadly cancers

We all know Grandma was right when she told us to eat our vegetables. Over the last decade or so, researchers have added their findings to Grandma's advice, concluding in one study or another that more vegetables in your diet helps reduce your risk of heart disease, stroke, cancer, and other ailments. So what's new about eating your vegetables? Now it looks like certain kinds might actually be able to cure illnesses, even ones as deadly as cervical and prostate cancer.

### Preventing and curing cancer of the cervix

In May 2000, Maria Bell, M.D., revealed study results that pointed to the reversal and apparent cure of a certain type of cervical cancer with a natural substance found in vegetables belonging to the mustard family, including cabbage, broccoli, Brussel's sprouts, and bok choy (these are also known as Brassica vegetables).

The natural cancer-fighting substances in these vegetables—*isothiocyanates* and *indoles*—help regulate and improve the 2/16 hydroxyestrogen ratio, which is a proven predictor of all hormone-related cancers (like breast and prostate). In essence, a normal 2/16 ratio means less cancer risk.

In this study, Dr. Bell's group used a specific type of indole, called *indole-3-carbinol (I3C)*, to reverse a significant proportion of cervical cancers.

### Results that speak for themselves

Dr. Bell explained that 95 percent or more of all cervical cancer is directly related to infection with the human papilloma virus

(HPV). She noted that HPV infection lowers the 2/16 ratio.

So in her 12-week study, Dr. Bell researched 30 women with moderate or severe cervical dysplasia (HPV is thought to play a role in causing cervical dysplasia).

Ten of the women took 200 milligrams of I3C daily, 10 took 400 milligrams of I3C daily, and the remaining 10 took placebos. At the end of the 12 weeks, both I3C groups' 2/16 ratios had gone up, while the placebo group's had gone down. And as for the women's cancer, 50 percent of those who had been taking 200 milligrams of I3C showed complete regression, as did 44 percent of the group taking 400 milligrams a day. (None of the patients in the placebo group experienced a regression.)

Research also shows dramatic prostate health benefits. In one study, men who ate as few as three servings of Brassica vegetables a week experienced a 41 percent reduction in prostate cancer risk.

### **Eating your vegetables can help you *remain* cancer-free**

Although the study lasted only 12 weeks, I'd say it's a reasonable prediction that if the women whose cancers regressed continued their I3C and ate Brassica vegetables, their cancers wouldn't return. I think it's also a reasonable prediction eating these vegetables and/or taking I3C regularly may very well prevent a significant proportion of cervical and prostate cancer.

It's also apparent that the 2/16 ratio is a worthwhile risk factor screening tool. Testing your 2/16 ratio is simple and relatively inexpensive. And, best of all, you can do it from home. All that's required is a small urine specimen that you send to the lab by regular mail. In Washington State, where I'm located, you don't even need a doctor's order for the test.

So as Grandma said, "Eat your vegetables!" And she's right. To help prevent cervical, breast, and prostate cancer, eat cabbage,

broccoli, Brussel's sprouts, cauliflower, or bok choy three to four times a week. Occasionally, Brassica vegetables can inhibit thyroid function, though, so don't eat more than three or four servings a week for an extended period of time without having your doctor do a thyroid test to make sure everything is running smoothly.

If you do eat right, exercise, take your vitamins, minerals, and botanicals...you may reduce your risk of ever needing cancer treatment at all, nontoxic or otherwise.

## Chapter 4

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# From high cholesterol to sinus infections: Sugar cane miracles that pack a powerful punch

Medicine is filled with irony. Professional dentists, doctors, and many, many moms said for years that sugar rots teeth and is generally just plain bad for you. Well, it turns out, that's only partially true. Refined sugar IS very harmful to your health. But there are other sugars—particular simple, natural sugars—that have shown some amazing health-promoting abilities. These sugars appear to protect us from tooth decay, ear infections, bladder infections, asthma, sinusitis, and a host of other health problems— even high cholesterol.

### **Boost your immune system with polysaccharide power**

Simple sugars transmit information, particularly to immune system cells that defend us against infection. When these simple sugars combine in chains along with uronic acid, they're called "polysaccharides." Polysaccharides cause the immune cells to be much more active and vigilant against bacteria and other germs. They help in both the prevention and the treatment of infection. Echinacea, aloe vera, and many types of mushrooms are all rich sources of polysaccharides.

### **Beat bladder infections in 3 days or less, naturally**

Approximately 90 percent of all bladder infections are caused by E. coli bacteria. (The E. coli I'm referring to here are normal inhabitants of all human and animal intestinal tracts. They are not the same as the food-contaminating, deadly, mutant E. coli O157:H7 bacteria.) And while most physicians will throw a prescription for antibiotics at you, you can eliminate this painful condition in

just a few days—without putting your immune system at risk.

As I mentioned in Chapter 1, SSKI is a very effective treatment for bladder and urinary tract infections, but there's also another safe, natural option you might want to consider. The simple sugar D-mannose has the ability to detach E. coli from the walls of the bladder without upsetting the balance of the friendly bacteria necessary for good health. After being loosened from bladder walls, the bacteria are then rinsed away by normal urination. The E. coli aren't killed; they're simply relocated—“from the inside to the outside”—and the infection is gone.

People who treat their own bladder infections with cranberry juice are, in fact, using a form of D-mannose therapy. Cranberry juice, as well as pineapple juice, contain more D-mannose than other foods. However, the amounts are too low to be significantly effective against serious infections.

For adults, 1/2 to 1 teaspoonful of D-mannose, dissolved in water and taken every 2 to 3 hours, will eliminate almost any bladder infection caused by E. coli. It also has the great advantage of tasting very good!

Despite being classified as a “sugar,” D-mannose is very safe. Very little of it is actually metabolized by the body. Large doses are washed away in the urine, and the amounts not excreted into the urine are so small that they do not affect blood sugar levels—even in diabetics.

D-mannose is available through compounding pharmacies, as well as many health food stores and alternative medicine practitioners. You can also order it from the Tahoma Clinic Dispensary (425-264-0059; [www.tahoma-clinic.com](http://www.tahoma-clinic.com)).

### **Never get stuck with another sinus infection**

Another substance that has similar abilities is xylitol (“zye-lit-all”). Xylitol is a natural substance, but it actually looks and tastes

like table sugar.

One study found that a solution containing 5 percent xylitol blocks the ability of more than half of all harmful bacteria to “stick” to the tissues inside the back of the nose. As with D-mannose, xylitol prevents the bacteria from infecting you without actually killing it.

Dr. Lon Jones, a physician in Texas, pioneered the use of intranasal xylitol in his medical practice. I’ve spoken to Dr. Jones, and he tells me that he has seen a 93 percent reduction in ear and sinus infections in his patients when they spray the inside of their noses regularly with the xylitol solution. Not only does the xylitol appear to “unstick” the bacteria that adhere to the cells lining the nose and sinuses but also stimulates the body’s normal defensive drainage in the back of the nose (where the bacteria causing these conditions usually live).

### **Rinse away your allergies—maybe even throw away that inhaler**

In addition to stimulating nasal drainage, xylitol spray also removes other pollutants that trigger allergic reactions and consequent asthma attacks. (Asthma can be triggered by infection in the back of the nose and sinuses, other upper respiratory infection, chronic sinus problems, and allergies.)

Dr. Jones’ patients control their asthma simply by rinsing away pollutants from the back of the nose on a regular basis. Dr. Jones says that for many of his patients no other asthma medications are needed. This unique nasal spray is available as a product called Xlear (pronounced Klear). Xlear may be available at your own natural food store or compounding pharmacy. It is also available from the Tahoma Clinic Dispensary.

### **Sink your teeth into this irony: A sugar reduces tooth decay by 80 percent**

I’ve grown rather annoyed with dentistry. Along with everyone else, I’ve brushed, flossed, and used “water-pressure” devices for

my teeth and gums. I haven't knowingly consumed any refined sugar or refined carbohydrates for nearly 30 years. Yet every so often the dentist has informed me it's time to have another filling or two. Furthermore, to this day, no dentist has informed me—or anyone else—of the existence of a simple, safe, good-tasting way to significantly reduce the incidence of dental cavities. Not only does this method exist, but it first appeared in dental and other journals in the 1970s—and there's now no question at all that it really works.

No, it's not that hazardous (but politically correct) toxic waste byproduct, fluoride. So what is it? Believe it or not, it's xylitol—the same derivative of a natural, simple sugar that I mentioned above for sinus infection, allergy, and asthma relief.

You see, xylitol can prevent cavities because cavities are caused by the bacteria *Streptococcus mutans* (*S. mutans*).

Dr. John Peldyak, a dental researcher from the University of Michigan who has been involved in most of the dental research with xylitol in this country, has summed up the results of the past 25 years of clinical studies involving xylitol and tooth decay: Chewing xylitol gum once a day provides little protection. Twice a day reduces tooth decay by 40 percent. Three times a day, by 60 percent, and five times a day—80 percent.

Chewing gum containing xylitol is available through many natural food stores and compounding pharmacies, as well as through the Tahoma Clinic Dispensary or through Xlear Inc. (877-599-5327; [www.xlear.com](http://www.xlear.com)). If you have dental work doesn't permit chewing gum, a variety of all-natural xylitol lozenges are also available.

**The sweet secret for effectively lowering cholesterol levels:  
A sugar cane extract more potent than statin drugs**

Heart disease has become one of the primary health concerns in this country, and the use of cholesterol-lowering drugs has

become almost commonplace. Chances are you or someone you know is taking one.

Since these products mean big business for big-name patent medicine companies, it's no wonder that news of the natural alternative to these drugs has remained unknown to the general public.

However, clinical trials of one natural substance show that it offers even better results than prescription drugs at lowering overall cholesterol and triglyceride levels while raising levels of HDL (good) cholesterol and protecting against blood clotting. And it offers all of these benefits with virtually no side effects—at less than half the cost of prescription statin drugs. This amazing substance is a fraction of sugar cane, called policosanol, and it may actually eliminate your need for cholesterol-lowering prescription drugs.

Policosanol is a group of eight to nine “long-chain alcohols” (solid, waxy compounds). Research is accumulating to show that policosanol is more effective than the most “popular” (among mainstream doctors) patent medicines for lowering total cholesterol and triglyceride levels. As added bonuses, policosanol helps to prevent strokes by inhibiting platelet aggregation and abnormal blood clotting and may lower blood pressure. And unlike the popular patent medications, policosanol has virtually no side effects, and does not seriously interfere with our bodies' ability to produce co-enzyme Q<sub>10</sub> as the patent statin medications do.

Unlike some other supplements (whose claims are supported solely by traditional wisdom or laboratory tests), policosanol has demonstrated its abilities in human trials—trials that compared its performance head to head with top-selling statin drugs. As you will read, policosanol rivaled and even outperformed the statins.

**Policosanol vs. Mevacor (lovastatin).** In a randomized, double-blind, placebo-controlled study, 53 volunteers with type 2 diabetes and high cholesterol were asked to follow a lipid-lowering

diet for six weeks.<sup>1</sup> After that, the patients were divided into two groups. One group was given 20 milligrams of Mevacor daily, while the other group was given 10 milligrams of policosanol daily for 12 weeks. While both groups experienced lowered total cholesterol, the policosanol group's LDL cholesterol dropped 4 percent lower than the Mevacor group. Also, the policosanol group's HDL levels rose nearly 8 percent, compared to a 3 percent drop in the Mevacor group. But the most exciting results occurred in the triglyceride levels. Policosanol caused an 18 percent drop in triglycerides. Mevacor offered only a 0.5 percent drop.

**Policosanol vs. Zocor (simvastatin).** In another study, 53 individuals with “primary hypercholesterolemia” (high cholesterol not linked to diabetes or other known metabolic problems) first followed a lipid-lowering diet for six weeks.<sup>2</sup> After that, they were “randomized” to take either 10 milligrams of Zocor or 10 milligrams of policosanol daily for eight weeks. Again, both groups experienced overall lowered cholesterol levels. However, triglyceride levels in the policosanol group were 5 percent lower than those in the Zocor group.

**Policosanol vs. Pravachol (pravastatin).** In this trial, 68 people with “type 2 hypercholesterolemia” (a very common type) and “high coronary risk” were first asked to follow a low-fat diet for six weeks.<sup>3</sup> After the six weeks, the participants were divided into two groups, one of which took 10 milligrams of policosanol daily, and the other took 10 milligrams of Pravachol daily, both for eight weeks. Policosanol offered better results in all areas, lowering LDL levels 4 percent more than Pravachol, lowering triglycerides 11 percent more, and raising HDL levels 18 percent—13 percent more than Pravachol.

High blood pressure is another marker of cardiovascular dis-

<sup>1</sup> Crespo N et al. *Int J Clin Pharm Res* 1999; XIX(4): 117-127

<sup>2</sup> Ortensi G et al. *Curr Ther Res* 1997;58(6): 390-401

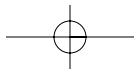
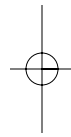
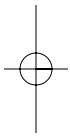
<sup>3</sup> Castano G et al. *Int J Clin Pharm Res* 1999;XIX(4): 105-116

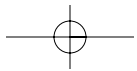
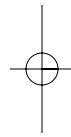
ease, and, as such, is subject to monitoring and—all too often—prescription drug treatment. Fortunately, the benefits of policosanol extend to this arena as well.

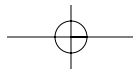
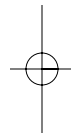
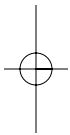
In the Mevacor study mentioned above, policosanol lowered blood pressure by what the researchers termed “a mild but significant” degree. Systolic blood pressure (the “upper” number) dropped by approximately 8 points, and diastolic blood pressure (the “lower” number) fell by roughly 3 points. Both numbers actually went up with Mevacor. In the Zocor study, the policosanol group showed statistically significant lowered blood pressure levels (an 8 point drop in systolic and a 4 point drop in diastolic). The Zocor group did not show statistically significant results.

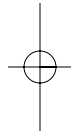
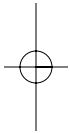
Policosanol does not require a prescription and is widely available in natural food stores, compounding pharmacies, and various online sources in 10- and 15-milligram capsule form. Although other strengths are also available, a single 15-milligram capsule daily appears to be enough for most uses. Policosanol is also available through the Tahoma Clinic Dispensary (425-264-0059; [www.tahoma-clinic.com](http://www.tahoma-clinic.com)). Prices vary widely, so shop around. I have no financial connection with any manufacturers or suppliers of policosanol, although I am, of course, connected with the Tahoma Clinic Dispensary.

*Please note: If you are already taking a prescription cholesterol medication, you should consult your doctor before making any changes.*









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