

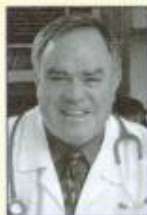
Dr. Julian Whitaker's

CELEBRATING 19 YEARS

Health & Healing®

Your Definitive Guide to Wellness Medicine

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NOTABLE QUOTE

*A perfect summer day is when
the sun is shining, the breeze is
blowing, the birds are singing,
and the lawn mower is broken.*
— James Dent

Dear Reader,

The most entrenched conflict of interest in medicine is a disinclination to reverse a previous opinion.

This quote, which appeared on the cover of a recent issue of *The Lancet*, arguably the world's premier medical journal, is excerpted from an article by Drs. John S. Yudkin, Bernd Richter, and Edwin A.M. Gale entitled, "Intensified glucose control in type 2 diabetes—whose agenda?"

These three diabetes researchers criticize the blanket recommendation of aggressive use of oral drugs and insulin to keep blood sugar levels as close to normal as possible in patients with type 2 diabetes. They report that the four major clinical trials evaluating this approach, which involved 27,000 patients, clearly demonstrate that "tight" glucose control has no effect on stroke, blindness, kidney failure, or death from cardiovascular disease or other causes. They also note that intensified therapy is linked with weight gain, hypoglycemia (low blood sugar), and impairments in quality of life "equivalent to a diagnosis of angina."

If this sounds familiar, it's what I've been telling *Health & Healing* readers for 20 years. I often feel like Lily Tomlin, who once said, "No matter how cynical I get, I can't keep up." It's gratifying to be vindicated in a respectable medical journal, yet I seriously doubt it will have any effect on the way doctors treat their patients with diabetes. After all, that would require them to "reverse a previous opinion."

The authors of this article place much of the blame on the "synergy" and financial ties between the physician organizations that set treatment guidelines and Big Pharma. They state, "The rising prevalence of diabetes... provide[s] fertile areas for the drug industry."

This is just one "fertile area" for the pharmaceutical companies in their insatiable quest to hook you. Another is the increasing prevalence of drug ads that bombard you every time you turn on your TV or open a magazine. With tactics like these, it's no wonder we've become a "Pharmaceutical Nation."

PRESCRIPTION DRUGS

Pharmaceutical Nation

Slick, provocative ads for prescription drugs are as common as sales pitches for automobiles. A smiling, healthy middle-aged man throws a Frisbee to a jubilant dog on a beach to extol the virtues of an arthritis drug. A depressed, anxious woman miraculously becomes the happy center of attention of her family and friends, thanks to an antidepressant.

Some ads are designed to terrify. Diagrams showing how blood clots can form in the heart, travel to the brain, and cause debilitating strokes urge

high-intensity laser treatment. If I hadn't seen—and experienced—it myself, I'd say it was too good to be true. I can't guarantee that everyone will respond as well as I and many of our patients have, nor can I say with certainty how long benefits will last. However, this therapy is certainly worth checking out if you are suffering with acute or chronic pain.

Recommendations:

- The only problem with high-intensity laser therapy is that it isn't offered in very many clinics at this time. To look for a provider in your area, visit ahlasers.com. To schedule treatment at the Whitaker Wellness Institute, call (800) 488-1500.
- Please be aware that low-level laser therapy, particularly with inexpensive handheld devices, is unlikely to produce the same therapeutic results.

Reference

Santamato A, et al. Short-term effects of high-intensity laser therapy versus ultrasound therapy in the treatment of people with subacromial impingement syndrome: a randomized clinical trial. *Phys Ther.* 2009 Jul;89(7):643–652.

STROKE

Walked Away From Wheelchair

Billie McGee, a charming 81-year-old from Alabama, has had a rough go of it the last few years. She had a severe stroke in 2002, and although she eventually learned to walk again, she continued to have balance problems. Three years later, she had a heart attack, followed by a quadruple bypass, valve replacement, and a pacemaker. But the worst was yet to come.

In 2008, Billie suffered multiple small strokes that temporarily robbed her of her eyesight, hearing, and ability to walk. Although she recovered to some degree, her balance remained impaired and she experienced occasional dizziness. She also had severe

pain and numbness in her legs and was treated with vein bypass, with no lasting relief. As a result, this once-active woman—who was a master gardener, an accomplished seamstress, and a talented singer—was forced to spend most of her time in a wheelchair.

One thing Billie had in her favor was perseverance and a willingness to work hard. When her doctors back home told her there was nothing more they could do for her, this long-time *Health & Healing* subscriber decided it was time to pay the clinic a visit. So, in April of this year, accompanied by her sister and daughter, Billie came to the Whitaker Wellness Institute.

Giant Steps Toward Recovery

At the clinic, Billie enrolled in our Back to Health Program and was treated with a number of therapies aimed at restoring activity in the affected areas of her brain, improving circulation, reducing pain in her legs, and regaining function.

To that end, she underwent a course of hyperbaric oxygen therapy (HBOT) to “wake up” damaged neurons along with physical therapy to help restore lost function. She also received neurofeedback, a form of biofeedback that helps “retrain” brainwaves, and microcurrent therapy, reflexology, and therapeutic massage for pain relief. She was also prescribed a comprehensive nutritional supplement program that addressed all aspects of her condition.

I chatted with Billie and her family whenever I ran into them at my lectures or in the waiting room, and every week I could see her getting better and better. She reported that the pain in her legs was improving and sensation was returning. The unrelenting fatigue that had plagued her was beginning to lift. She was also feeling steadier on her feet and was walking more and using her wheelchair less and less.



Billie in her wheelchair upon her arrival at Whitaker Wellness.



Dr. Whitaker with Billie after her three weeks at the clinic.

A few days before Billie returned home, I spoke with her and asked how she was doing. She proudly announced that she could now walk to the end of our building and back unassisted. In fact, she was doing so much better that her wheelchair was in the trunk of the car. That's how seldom she was using it!

No Miracles, Just Effective Treatments

Folks, we don't perform miracles at Whitaker Wellness, even if the results seem miraculous. We simply treat patients with proven therapies that address the underlying physiological causes of disease and debility.

HBOT, for example, helps stroke patients because it revitalizes the nerve cells that surround damaged areas in the brain. Physical therapy, particularly when done in conjunction with HBOT, strengthens and reinforces neural connections that take over for neurons knocked out by strokes or other injuries. Microcurrent therapy and our other pain-relieving modalities don't just mask symptoms—they promote actual healing.

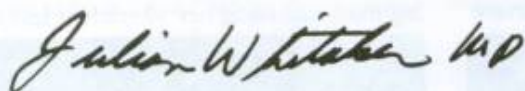
Medications, carotid artery endarterectomy and stenting, and limited courses of physical rehabilitation are the only therapies conventional medicine offers to patients who have survived a stroke. But as Billie's story illustrates, HBOT, especially when combined with other noninvasive modalities, is exceptionally effective at restoring function and protecting against future strokes.

I'm not suggesting that Billie is out jogging around the block, but her mobility and function have improved dramatically, her outlook and attitude have become even brighter—and she and her family are overjoyed with the results.

Recommendations:

- To locate practitioners in your area who offer some of the same therapies Billie received, visit the following websites: *isnr.org* (neurofeedback), *frequenciespecific.com* (microcurrent therapy), *uhms.org* (HBOT), and *reflexology-usa.org* (reflexology).
- To learn more about safe and effective stroke rehabilitation and prevention, visit the Subscriber Center at *drwhitaker.com*.
- For more information on stroke rehabilitation at the Whitaker Wellness Institute, call (800) 488-1500.

Here's to your health,



P.S. Meet me at Bally's in Las Vegas for FreedomFest, July 14–16. I'll be on panels debating the pros and cons of vaccines and strategies for healthy living, plus I'll have a breakout session to talk to attendees about natural therapies for heart disease and diabetes that are superior to conventional treatments. I hope to see you there! For more information, visit *freedomfest.com* or call (866) 266-5101.

Dr. Whitaker's Word of the Month

Microcirculation: The flow of blood through the smallest blood vessels (venules, capillaries, and arterioles); nourishes tissues and helps regulate blood pressure, fluid balance, and inflammation.

20th Anniversary Issue

The 20th anniversary of *Health & Healing* is just around the corner. To mark this exciting milestone, the August issue will be a special commemorative edition. You won't want to miss it! If your subscription expires before then, now's the time to renew.

drwhitaker.com's Brain Game Challenge

We are still in the process of enhancing the Brain Game Challenge. As soon as the new details are ready, we will share them with you here. So stay tuned.

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2010 Index

You can find your complimentary copy of the 2010 *Health & Healing* index in the Subscriber Center at *drwhitaker.com* (starting June 1).

To request a printed copy (to be delivered with your September issue), call (800) 539-8219 before July 25, provide your mailing information, and mention code 527.

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