



Hands of Health Newsletter

May/June 2017

Hello, again:

I know it's cliché but is this year going really fast or what? Don't blink because if you do it will be holiday season and I want to enjoy the warmth as long as possible. I'm a true desert rat! I recently had two medical appointments: my usual annual physical and a periodic eye exam. Good news: the doctor gave me the thumbs up, no real concerns, love her, and my new optometrist said like my former optometrist that I DON'T need glasses; no yet and when I do only reading glasses. I'd say we're looking two years out the soonest. How are you doing now? Do you have the same good news that I do? Have you not had an annual exam especially you women? What are you doing to make sure your health will keep up with the demands of life? Not sure? Let's talk. See what your doctor says and let's collaborate. Call me: (480)423-0578 I'll accept a few complimentary appointments (\$197 value).

Here, as usual, are some articles to satisfy your mind's curiosity.

"As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine and other forms of natural medicine unless you are fortunate enough to have a naturopathic physician available. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone."
- Dr. Alan Greenberg, MD

VITAMIN B DIMINISHES EFFECTS OF AIR POLLUTION-INDUCED CARDIOVASCULAR DISEASE

From Medical News Today

B vitamins can mitigate the impact of fine particle pollution on cardiovascular disease, according to new research conducted at Columbia University's Mailman School of Public Health. Healthy non-smokers who took vitamin B supplements nearly reversed any negative effects on their cardiovascular and immune systems, weakening the effects of air pollution on heart rate by 150 percent, total white blood count by 139 percent, and lymphocyte count by 106 percent.

This is the first clinical trial to evaluate whether B vitamin supplements change the biologic and physiologic responses to ambient air pollution exposure. The study initiates a course of research for developing preventive pharmacological interventions using B vitamins to contain the health effects of air pollution. The findings are published online in the Nature Publishing Group journal, Scientific Reports.

Ambient fine particulate pollution contributes to 3.7 million premature deaths annually worldwide, predominantly through acute effects on the cardiovascular system. Particulate matter pollution is the most frequent trigger for myocardial infarction at the population level.

"Ambient PM2.5 pollution is one of the most common air pollutants and has a negative effect on cardiac function and the immune system," said Jia Zhong, PhD, principal investigator, and postdoctoral research officer in the Department of Environmental Health Sciences at Columbia's Mailman School. "For the first time, our trial provides evidence that B-vitamin supplementation might attenuate the acute effects of PM2.5 on cardiac dysfunction and inflammatory markers."

The paper builds on research published in March that found B vitamins reduce the negative effects of air pollution as measured by epigenetic markers.

NEW STUDY DEMONSTRATES ENHANCED COGNITION AND CEREBROVASCULAR FUNCTION WITH RESVERATROL

By Michael Jurgelewicz, DC, DACBN, DCBCN, CNS

Alzheimer's disease and related disorders (ADRD) are a group of conditions that cause mild cognitive impairment (MCI) or dementia. These conditions affect one's ability to function socially, personally, and professionally. It's important to recognize that Alzheimer's disease begins long before symptoms start, just like many other conditions. There is evidence that simple prevention strategies can reduce the risk of ADRD by as much as 50%.

The prevalence of dementia for those over 65 years of age is 14% in men and 32% in women. By the age of 80, 63% of those with dementia are women.

Resveratrol has been widely publicized for its cardiovascular health benefits. However, researchers believe it also has positive effects on the hippocampus, an area of the brain that is critical to functions such as memory, learning and mood.

In a recent study published in *Nutrients*, researchers demonstrated oral supplementation with resveratrol enhanced both cerebrovascular function and cognition in post-menopausal women, which can potentially reduce the risk of cognitive decline.

Cognitive decline is associated with decreased cerebral blood flow and a reduced ability of cerebral arteries to dilate. There is evidence to suggest that the loss of estrogen may contribute to reduced cerebrovascular responsiveness. As a result, maintaining cerebrovascular function may help optimize mood and prevent cognitive decline.

Resveratrol can act through several mechanisms, including binding and activating estrogen receptors to increase nitric oxide bioavailability and facilitate the vasodilatation for adequate cerebral perfusion.

This study was a 14-week randomized, double-blind, placebo control trial consisting of 72 women. The researchers demonstrated that a single 75 mg dose of resveratrol was most efficacious for enhancing global cerebral vasodilatation and cognitive performance.

These results support resveratrol supplementation as a potential strategy for mitigating premature cognitive decline in post-menopausal women. Researchers also observed marginal improvements in mood, suggesting possible additional benefits to quality of life in the years following menopause.

FLUORIDE OFFICIALLY CLASSIFIED AS A NEUROTOXIN IN WORLD'S MOST PRESTIGIOUS MEDICAL JOURNAL

In recent years, many have protested to have industrial sodium fluoride removed from the water supply, as evidence states it is harmful from many scientific sources.

The *Lancet*, a prestigious medical journal, had labeled fluoride as a neurotoxin alongside lead, arsenic and mercury.

Author, Stefan Smyle, broke the news and explained by the Facebook page "Occupy Food," which linked the published report from *The Lancet Neurology*, Volume 13, Issue 3, in March 2014, by authors Dr. Philip J. Landrigan and Dr. Phillippe Grandjean.

Industrial Chemicals Identified - In the summarization of the report, a review examined and found five different neurotoxicants: polychlorinated biphenyls, arsenic, lead, toluene, and methylmercury. The summary further states that 6 other developmental neurotoxicants were identified: fluoride, dichlorodiphenyltrichloroethane, manganese, chlorpyrifos, polybrominated diphenyl ethers, and tetrachloroethane.

ADHD, Dyslexia, and other cognitive impairments - In the report from *The Lancet*, the authors came up with a global prevention strategy stating, "Untested chemicals should not be presumed to be safe to brain development, and chemicals in existing use and all new chemicals must therefore be tested for developmental neurotoxicity."

Included in the report, it was noted that neurodevelopment disabilities, including dyslexia, attention-deficit hyperactivity disorder, and many various cognitive impairments, are on the rise in millions of children around the world, in what is called a "pandemic of developmental neurotoxicity." They further say: "To coordinate these efforts and to accelerate translation of science into prevention, we propose the urgent formation of a new international clearinghouse."

The report correlates with the 2013 findings that was found in a Harvard University meta-analysis funded by the National Institutes of Health. It found that children who lived in highly fluoridated water have "significantly lower" IQ scores than children who live in areas with low levels of fluoride in their water supply.

Fluoride also linked to Cancers - Fluoride has been linked to various forms of cancer, and has been in our drinking water. It is different in comparison with the natural calcium fluoride, that is used in dental offices and in drinking water supplies.

Across all of North America, fluoride is in the water supply, but in Europe it is banned and is the case in many other countries.

"In point of fact, fluoride causes more human cancer death, and causes it faster than any other chemical.

Dr. Dean Burk, PHD

(31 years at the National Cancer Institute)

And that should do it as if it wasn't enough. I'm surprised that lots of people aren't aware of this information and/or are shocked by it. I've been a student of health and nutrition most of my life so some of this is just second nature to me. So be very careful of the water you drink or bathe in. Yes; bathe in because your skin is the largest organ in your body and it absorbs what you put on it right into your bloodstream. That means your cosmetics and soaps, too. There are many alternatives that are safe for you AND the environment. And since it's May that means MOTHER'S DAY! And what would be a great gift to give mom for HER special day???? A gift certificate for a therapeutic bodywork session! I have them for the home or my office. And you can buy her more than just one! Buy a package of 4 and receive a 10% discount. Mom will just love it and this goes for mothers to be as well! I do offer Pregnancy Massage! Happy May!

Until next time,

Stay healthy, stay well,



Information provided in this newsletter is for information purposes only and is not meant to replace the medical advice of your doctor. Always consult them for your medical conditions and concerns.



"It is not the years in your life but the life in your years that counts." - Adlai E. Stevenson

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