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Editors
Lynne McTaggart and Bryan Hubbard

COMMENT

THE SILVER BULLET

What's not to like about a silver bullet? After the excesses of Christmas—and, for some, of a lifetime—who wouldn't want absolution of all dietary sins, and in the blink of an eye?

No more New Year's resolutions. No self-discipline required. You can now shed those pounds without giving up on your diet of sugary foods and snacks, all thanks to the ultimate silver bullet: the weight-loss phenomenon Wegovy.

Everyone's clamoring for Wegovy, whether it's from their doctor or a dubious website. It's making its manufacturer, Novo Nordisk, rich beyond the wildest dreams of Croesus.

Novo Nordisk is already the fastest-growing company in the world, and it's in the vanguard of a whole array of pharmaceutical silver bullets that are calculated to reach annual sales of $100 billion within five years.

These silver bullets can cure anything. Alzheimer's, cancer, diabetes, obesity—they can fix it all. And it's all because we've finally stopped fixating on insulin and are recognizing the importance of its "fellow traveler" glucagon. Insulin reduces glucose, but glucagon controls levels, and both work hand in hand to process sugars we get from eating carbs.

When the two hormones get out of kilter, we develop type 2 diabetes and possibly a host of other chronic problems, too. Diabetes, for instance, is as much a problem of too much glucagon as of too little insulin, or of insulin that can no longer do its job when it's overwhelmed by sugars from a diet of fast and processed food.

This wonder-drug family—semaglutide, liraglutide, exenatide, dulaglutide and more—are synthetic versions of GLP-1, a molecule that regulates glucagon. In humans, GLP-1 is one of dozens of hormones released by intestinal cells after we eat, and it tells the brain we're full.

Wegovy was a happy accident. Novo Nordisk had developed another semaglutide drug, Ozempic, to help people with type 2 diabetes, and had noticed they were losing weight.

Super-boost the dosage, Ozempic transforms into Wegovy and, hey presto, the worldwide problem of obesity is solved. Buoyed by this insight, Novo Nordisk is pressing the US drug regulator, the Food and Drug Administration (FDA), to make it available even to obese children as young as six.

Others are joining Novo Nordisk at the money-making feast. Lilly has produced its own GLP-1 drug, tirzepatide, which is marketed as Mounjaro or Zepbound, and more, many more, are in the wings.

And they work. One study of Wegovy discovered that people were losing an average of 11.8 percent of their body weight, which translates into an average weight loss of 27 lb and about 3.5 inches off their waists. Mounjaro is even more effective; one study found that participants lost an average of 45 lb and 5.5 inches off their waistlines.

But there's no such thing as a free lunch, even if it's sponsored by Wegovy, as our main feature (page 26) explains. Users report that their weight loss plateaus, and those who aren't disheartened throw in the towel because the injectable drugs are just so expensive, costing up to $1,400 (£1,100) a month.

Those could be the lucky ones if the FDA's Adverse Event Reporting System (FAERS) is anything to go by. Since 2019, the agency has received 37,694 adverse event reports about semaglutide alone, and of those, 16,622 were logged as "serious," including 505 deaths.

So, no, there's no silver bullet that doesn't cause splinters, nor is there such a thing as a free lunch if it includes lots of sugar. But there is a solution if you've made a New Year's resolution to lose weight, and its tale has parallels to the story of semaglutide.

Just as Novo Nordisk set out to control type 2 diabetes, French dietician Michel Montignac attempted to do the same through diet, particularly via carbohydrate restriction. Like the drug company's researchers, he noticed his participants were losing weight.

Montignac may not have known about glucagon, but he did realize that calorie-counting—still the standard way to lose weight—was simplistic, and the real issue was the type of carbohydrates we were eating.

At the heart of the Montignac Method—he never liked to call it a diet—is the realization that all carbohydrates aren't equal. Some are loaded with sugar, and some less so, although even these can become sugar time bombs if they're fried.

The glycemic index (GI) is a blueprint of what you can eat and what you should be avoiding if you want to shed the pounds. Low-GI foods include beans, leafy vegetables, lentils, whole grains, wild rice and dark chocolate, while the sugar-loaded include corn, potatoes (especially fried), refined flour, white bread and white rice.

You're not denying yourself or starving, as his best-selling book title *Eat Yourself Slim… and Stay Slim* suggests. And because it's a method, it also becomes a lifestyle of good eating habits.

Montignac wasn't the first to finger "bad" carbs as the enemy. That honor goes to English undertaker William Banting, who became so obese that he couldn't climb the stairs. His doctor advised him to abstain from sugary and starchy carbs, and so successful was the diet that he wrote the very first weight loss book, published in 1863.

The low-GI diet is as close to a free lunch as we can get, and it comes with no nasty adverse reactions, like death. A happy low-sugar New Year!



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Lynne McTaggart and Bryan Hubbard

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Dear *WDDTY* subscriber,

We went through an evolutionary shift in November 2022. Having been a print publisher for more than 30 years, with our website puffing far behind, we became a "web first" publisher. Not that the magazine was forgotten—if you're a print subscriber, the fact you're holding a copy in your hands is testament to that—but articles destined for a particular issue are now published first on the revamped website (wddty.com).

With the relaunch, we have also reduced the subscription types to just two: print and digital or digital-only. Print-only has disappeared, and to receive the actual magazine each month, you now opt for print and digital.

Choosing this option opens up the whole website and its many benefits to you. Yes, you'll still get the magazine delivered to your door each month, but you'll also enjoy:

• Subscriber discounts: we've negotiated great discounts on a range of health products and supplements. Biocare, one of the world's leading suppliers of high-quality supplements, is the latest to offer discounts across its entire product range (see the latest offers on pages 48 – 49).

• Monthly *WDDTY* Talks: you have free access to our monthly webinars. Each month we talk with a health pioneer, and you can ask a question about a specific health concern if you join the live session. Each talk is recorded, so you can watch at any time.

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The way you log in has changed. With the previous site, you needed your email and password, but now you need to enter your subscriber number, which is on the address label on the envelope in which your issue was delivered. We've produced a series of videos that help you log in and navigate the site, which you can see at wddty.com/faqs.

Once you've logged in, you can also access your own account, where you can change your address and see your subscriber status.

We hope that you like the changes and that you make good use of all the extra benefits your subscription now offers.



CONTENTS

JANUARY/FEBRUARY 2025



26
Beyond the diet jab
GLP-1 receptor agonist drugs like Ozempic are an extreme weight control measure with many worrying outcomes, Celeste McGovern reports. Get its effects using natural methods

40
Take a chill pill
Dispel winter woes like colds and flu, stomach bugs, seasonal affective disorder, and chilled, cracked skin with these remedies from homeopath David Needleman

42
Kiss cancer goodbye
More functional oncologists are finding mistletoe extract effectively treats a variety of cancers, and it addresses the spiritual side of healing, too. Cate Montana reports

50
The cerebral super seven
Medical anthropologist Alberto Villoldo offers seven simple additions to your daily life to boost your level of a protein that keeps your brain vibrant and vigorous

58
A gland old age
The thymus gland loses function as we age, compromising immunity and longevity and leading to certain cancer types, says Dr Leigh Erin Connealy. Here's how to keep it young







NEWS

10
Doctors can't accurately predict how long you'll live; arm positioning affects blood pressure reading accuracy; keto diet is an effective way to regulate the menstrual cycle

NEWS FOCUS

20
The new pollution
Science editor Iver Mysterud and researcher Einar Flydal ask why so little attention is paid to the serious dangers of man-made electromagnetic frequencies

EVERY PICTURE...

24
Chronic and ironic
In times past, acute infections killed us. Now it's more common to die of chronic illness thanks to modern lifestyle "improvements"

HEALTHY LIVING

36
The Hormone Expert
Start the new year off with a bang—the sound of your weight dropping—by following five hormone- and metabolism-correcting tips from Marcelle Pick

64
Healthy shopping
Joanna Evans shares top sources of whey and plant-based protein powders, functional mushrooms, and mistletoe cancer therapy

REGULARS

9
Readers' letters

48
Members' offers
Discover the big discounts available to *WDDTY* subscribers and how to claim them

66
The last word
The long-sought cure for cancer will never be discovered if Big Cancer has anything to say about it, Bryan Hubbard notes



"Drug company giant Moderna offered cash inducements to children to test its mRNA Covid-19 booster jab. Children as young as 12 were offered £1,500 ($1,895) each to participate in the company's NextCove trial of its booster vaccine through WhatsApp messages"

Page 10

WHAT DOCTORS DON'T TELL YOU

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EDITORIAL PANEL

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.



Dr Damien Downing, a specialist in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine, on the editorial board of *Orthomolecular Medicine News Service*, Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), and author of numerous books including *The Vitamin Cure for Allergies*.



Bruce Lipton, PhD, is an internationally recognized leader in bridging science and spirit. Stem cell biologist, bestselling author of *The Biology of Belief* and recipient of the 2009 Goi Peace Award, he has been a guest speaker on hundreds of TV and radio shows as well as a keynote presenter for national and international conferences.



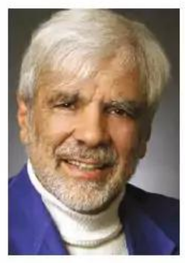
Dr Sarah Myhill has worked in the UK National Health Service and in private practice since 1981. Honorary Secretary of the British Society for Ecological Medicine for 17 years, she is a frequent lecturer and author of *Sustainable Medicine* and *Diagnosis and Treatment of Chronic Fatigue Syndrome and Myalgic Encephalitis.*



Craig Sams is the co-founder of Whole Earth Foods and founder and president of Green & Blacks Organic Chocolate as well as director of Soil Association Certification, executive chairman of Carbon Gold Ltd., a carbon sequestration business, and a trustee of the Slow Food Trust UK. He has authored four books, including *The Little Food Book*.



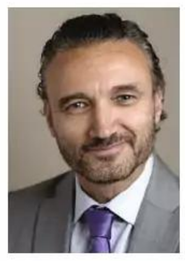
Dr Harald Gaier is a UK-registered osteopath, homeopath, acupuncturist, naturopath and medical herbalist. Former director of medical research at The Hale Clinic and a committee member of the Prince of Wales' Foundation for Integrated Health, Dr Gaier has authored numerous scientific papers and *The Encyclopedia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



Dr Gary Smyth, a GP and homeopathic physician, is the president of the Faculty of Homeopathy, a fellow of the Royal Society of Medicine and a fellow of the Royal Society for Public Health. He advocates an integrative approach to medicine, offering patients the advantages of a range of treatment options.



Dr Nyjon Eccles, one of the leading integrative medicine physicians in the UK, has a reputation for his practice of evidence-based integrative medicine. Over the years he has developed specific and natural solutions for restoration of health, and these therapies are offered at The Natural Doctor, his clinic in central London.

HAVE YOUR SAY



Sweet success

Thanks for the article on Manuka honey in your November 2024 issue, which I agree with. "Supervet" Noel Fitzpatrick always put raw honey into the dressings of his animal patients after surgery. As he said on one of his TV programs, "The human doctors and animal doctors need to get their heads together!"

Also, do read the excellent book *How to Effectively Use Honey as Medicine: What Doctors Don't Tell You—Transform Your Health with Nature's Living Food* by Ruth Tan.

Keep up the good work.

P Arnold, via email

The struggle is real

Thank you tremendously for the article on EMFs by Dr Jenny Goodman in your July/August 2024 issue.

The university where I am currently studying has been gaslighting me into thinking that symptoms related to EMFs don't exist. There's no evidence, the staff say, suggesting it's all in my head.

I've suffered with these symptoms for many years now, alongside my fibromyalgia, and due to this I have always studied offline (the university has made reasonable adjustments for me to do this). I have been doing this for almost four years while studying for my degree, but recently, since the switch over to 5G technology, the university has stated that I can no longer study offline.

I have asked for more suitable EMF protective equipment so that I'm able to finish my studies; however, they've rejected this and deemed me unfit to continue my education with them. I have been terrified that all the last four years of hard work I have done towards my degree will go to waste and I'll receive further ill-treatment from the university.

Without my consent or acknowledgement (only after the fact), they took their "concerns" about my health to an assessment panel and then suggested that I'm unfit to study.

They have insinuated that the sensitivity I have to EMFs is not real, and due to this they believe I'm unfit mentally.

I've been scared to speak up about this until now. Your article has given me the confidence to do so.

The symptoms I experience due to EMFs are something I really struggle with, and studying offline has helped me greatly to manage these while I am studying.

This treatment I've received from my university is not only upsetting, it's devaluing and demoralizing. But the support this article has brought me is so great, I feel much relief. I feel blessed to be a subscriber.

L Brightside, via email

WDDTY *replies:* *We're so glad we could help. And you can add even more important information about EMFs to your arsenal by reading this month's News Focus (page 20).*

WHAT DOCTORS DON'T TELL YOU
COMMUNITY

GET IN TOUCH: Share your views, questions and comments via the *WDDTY* Community. Visit **community.wddty.com** or scan the QR code below and sign in with your subscription ID.

WHAT DOCTORS DON'T TELL YOU
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The latest from the *WDDTY* Community

WDDTY's online community hub is now live. You can post questions or start discussions on any health topic as well as help out other WDDTY subscribers with your own experiences and suggestions. Simply go to community.wddty.com and sign in with your subscription ID.

Here are some of the latest posts and discussions. If you want to reply to either of the posts below, head to the Community.

Parkinson's and polypharmacy

One of your latest editor's letters (November 10, 2024) warned about the dangers of polypharmacy. I've always wondered if the multiple medicines my mother was prescribed contributed to her Parkinson's disease with Lewy bodies.

I have a Post-It note above my desk that my mother wrote as a reminder to herself to take her meds: Norvaso, Atenolol and Cozaar. These are all prescribed to treat high blood pressure.

I remember she curled up on the bed with loss of energy and motivation after taking only one. Then she was prescribed a second and finally a third. Then her well-meaning doctor added Prozac to her list.

A usually energetic and healthy woman, my mom began to fail and was ultimately diagnosed with Parkinson's disease.

I don't take any pharmaceuticals, and I thank my mom for teaching me what not to do.

Buster

Help for AMD

Is there any way to stop wet macular degeneration? I have been taking vitamins called AREDS (used in the Age-Related Eye Disease Study) and getting injections in one eye. But now the problem has started in the other eye.

Donna

WDDTY replies Check out our November 2019 issue, which discusses pioneering treatments for age-related macular degeneration (AMD), or search our entire database at wddty.com.



Moderna offers £1,500 to kids to test Covid jab

Drug company giant Moderna offered cash inducements to children to test its mRNA Covid-19 booster jab.

Children as young as 12 were offered £1,500 ($1,895) each to participate in the company's NextCove trial of its booster vaccine through WhatsApp messages. When an ethics committee questioned the large sums being offered, Moderna reduced the inducement to £185 ($234).

The company has been fined £14,000 ($17,682) for "inappropriate financial inducement" and for bringing "discredit upon the pharmaceutical industry." The drug industry regulator, the UK Prescription Medicines Code of Practice Authority (PMCPA), which imposed the fine, has asked Moderna for assurances that incentives to children won't be repeated.

The inducement goes against UK law, which prohibits offering incentives or financial inducements to children or their parents to participate in pharmaceutical trials.

Critics argue the fine is too small. UK MP Esther McVey has said, "A charge of £14,000 to a company that enjoyed a total revenue of $6.8 billion in 2023 is hardly likely to make them think twice before breaking the rules again."

Sarah Knapton, "Moderna Under Fire After Children Offered Cash to Test Covid Vaccine," Oct 2, 2024, telegraph.co.uk

Vegetarians: Add fish to your diet when you get old

It isn't just about what you eat—it's also about when in life you eat it. Vegetarians generally live longer and healthier lives than meat-eaters, but that benefit disappears in older age, say researchers from Loma Linda University in California.

In old age, adding fish to a mainly vegetarian diet helps you live longer, and your chances of longevity increase further if you also eat dairy and eggs.

The researchers analyzed the impact of various diets—non-vegetarian, semi-vegetarian, pesco-vegetarian (fish eating), lacto-ovo-vegetarian (dairy and eggs) and vegan—on 88,400 people at age 65 and then at age 85.

Overall, vegetarians and vegans lived longer because they suffered less renal (kidney) failure, diabetes and heart problems and had fewer infectious diseases. But those benefits started to reduce as people got older, and those who were eating fish had fewer strokes and were less likely to suffer from dementia and Parkinson's disease. Fish is a rich source of omega-3 fats, which help protect the brain and nervous system.

Am J Clin Nutr, 2024; 120 (4): 907–17





Keto diet regularizes your menstrual cycle

Eating a keto diet can normalize an irregular menstrual cycle. The ketones the diet releases can even kick-start a period that seems to have stalled for good, say researchers.

Women who followed the diet or took ketone supplements—and achieved nutritional ketosis—said they saw their menstrual frequency become more regular or intense, or both.

The high-fat and low-carb keto diet converts fat into ketones, acids used in the body and brain as an alternative to glucose (blood sugar), which mainly comes from carbohydrates.

Ohio State University researchers were measuring the amount of weight that 19 overweight premenopausal women lost on a low-fat or ketogenic diet, but they discovered the keto diet also regulated periods.

Although the women lost similar amounts of weight on either diet, only those on the keto plan—which included ketone supplements for some of the women—reported improvements in their menstrual cycles.

"There were six women who hadn't had a period in over a year and who felt their typical cycles were over, and their periods actually restarted," said Madison Kackley, one of the researchers. "One of our participants was 33 years old and had never had a period in her life. She had her first period for the first time after being in nutritional ketosis for five days."

As the release of ketones was the only significant difference between the two approaches, she believes it regulates the menstrual cycle. The effect occurs either when women follow the diet or when they take ketone supplements.

Two women who didn't see any improvements in their periods were taking oral contraceptives, and only those who were not taking birth control saw changes in their cycle.

PLoS One, 2024;19(8):e0293670

"Healthy" fruit juice drinks raise stroke risk

Read the labels: Many fruit juice drinks promoted as healthy are anything but, and they could be bad for your brain.

Fruit juices from concentrate with sugar and additives increase the risk of stroke by around 37 percent, and the risk triples when you drink two or more of them a day. Women are at especially high risk from drinking the juices, say researchers from the University of Galway.

Sadly, many consumers believe they are choosing a healthy option. "Not all fruit juices are created equal. Freshly squeezed fruit juices are most likely to bring benefits, but fruit drinks made from concentrates, with lots of added sugars and preservatives, may be harmful," said Andrew Smyth, one of the researchers.

Colas and soda drinks also raise the risk of stroke. People having one of these a day increase their risk by around 22 percent, and it rises further for those drinking two or three a day.

The good news is that water can counter some of the bad effects of the sugary drinks. Drinking seven or more cups of water a day reduces stroke risk, say the researchers. They analyzed risk factors in around 27,000 people from 27 countries as part of the INTERSTROKE research project.

J Stroke, 2024; doi:10.5853/jos.2024.01543



HEALTH FACT

Although we have safety standards that help moderate EMF levels, around 75 percent of scientific papers published since 1990 show detrimental effects at levels below "safe" limits.

Page 20

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Gum disease could kickstart neck cancer



A few types of bacteria in the mouth could increase the risk of head and neck cancers by around 50 percent, say researchers from NYU Langone Health. The bacteria are associated with periodontal disease, a serious gum infection that can eat away at the jawbone and the soft tissue that surrounds teeth.

Although the mouth contains hundreds of different types of bacteria, just 13 seem to increase the risk of the cancers. Researchers took saliva samples from 236 cancer patients and 485 healthy people, then compared the bacterial DNA they found in them.

"Brushing your teeth and flossing may not only help prevent periodontal disease, but also may protect against head and neck cancer," said Richard Hayes, one of the researchers.

JAMA Oncol, 2024; doi: 10.1001/jamaoncol.2024.4006

Mother's milk protects the baby's gut

A mother's breast milk can protect her baby against rotavirus, a gastrointestinal infection that causes diarrhea, vomiting and fever. Babies whose mothers had high levels of antibodies in their breast milk were able to fend off infection far longer than infants whose mothers had lower levels, an international research team has discovered.

Antibody levels varied between wealthy and developing nations, and women who had given birth to more children or who were overweight also had lower levels. The researchers tested milk samples from 695 women in Finland, the US, Pakistan, Peru and Bangladesh to gauge the difference in IgA and IgC antibody levels that protect against gut viruses.

J Clin Invest, 2024; 134 (15): e168789

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Most Americans are eating their way to cancer

Most people in the United States are eating a diet that can cause heart disease and cancer. Around 60 percent consume mostly processed food and soda, which increases levels of inflammation, say researchers from Ohio State University.

They analyzed the diets of 34,500 adults who participated in the National Health and Nutrition Examination Survey by using the dietary inflammation index, which measures the inflammatory qualities of food and drink.

Around 34 percent ate an "anti-inflammatory" diet and 9 percent ate a neutral diet. But 57 percent were consuming a "pro-inflammatory" diet featuring foods like processed meat, sugar and white bread. They tended to be young, male and/or Black and had lower education and income levels.

Looking at food as either pro- or anti-inflammatory could help people introduce different elements into their diet that might shift the balance. Consuming more garlic, ginger, turmeric, and green and black tea can help counter the effects of a pro-inflammatory diet, said Rachel Meadows, one of the researchers.

Other anti-inflammatory foods include whole grains, berries, fatty fish, green leafy vegetables like spinach and legumes such as beans and lentils.

"Moving toward a diet with less inflammation could have a positive impact on a number of chronic conditions, such as diabetes, cardiovascular disease and even depression and other mental health conditions," she added.

Chronic inflammation can also be caused by stress and adverse childhood experiences—and even by a lack of sleep. But eating more anti-inflammatory foods can be an important element to counter these other influences.

Public Health Nutr, 2024; 27(1): e184





Doctor said you don't have long to live? They may be wrong

If the doctor has told you to put your affairs in order, take the prognosis with a grain of salt—they're wrong half the time, a study has discovered.

Researchers found that half the patients who were given six months to a year to live confounded their doctors' expectations. A 16-year study reviewed the outcomes of 6,495 people who had been given a gloomy prognosis by a doctor or nurse—and 3,516 of them were still alive more than a year after the prediction.

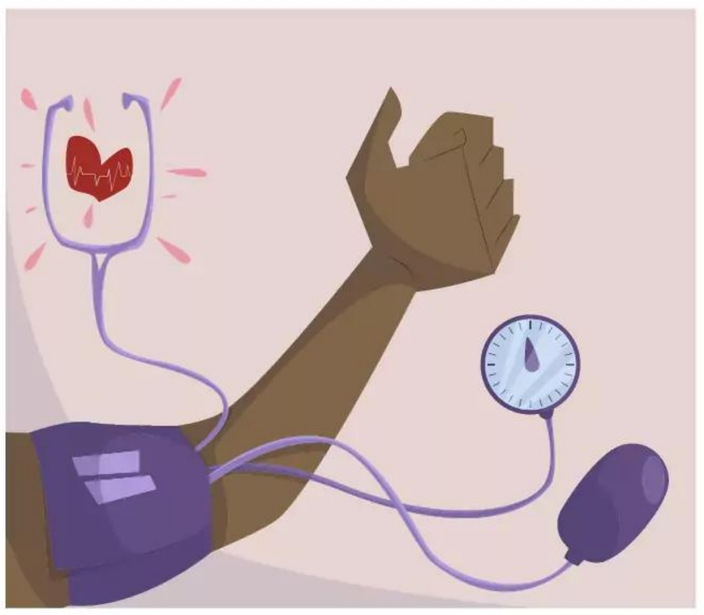
Paddy Stone, emeritus professor of palliative and end-of-life care at University College London, surveyed more than 25,000 clinicians and discovered that their prognosis of impending death was wrong 54 percent of the time.

Although the research was published in 2017, it's been highlighted in the UK as legislation allowing terminally ill patients to seek medical assistance to end their lives is being discussed in Parliament.

Janet Eastham, "Doctors Wrongly Predict How Long Terminally Ill Patients Will Live 'in Half of Cases,'" Oct 16, 2024, telegraph.co.uk

Why your high blood pressure reading is probably wrong

Have you been told you have high blood pressure (hypertension)? Get a second opinion—the reading could well have been wrong. Blood pressure (BP) screening can "substantially overestimate" levels, and it's all down to the positioning of the patient's arm when the reading is done.



Researchers from Johns Hopkins recruited 133 people and assessed the different BP readings that result when a patient's arm is in three different positions: supported on a desk, supported on a lap and unsupported at the patient's side.

Placing the arm in the lap produced a reading that overestimated systolic pressure by 3.9 mmHg and diastolic pressure (the second number) by 4 mmHg. An unsupported arm produced a reading that overestimated systolic pressure by 6.5 mmHg and diastolic by 4.4 mmHg.

The position of the arm can make a "huge difference" in a blood pressure reading, says Tammy Brady, one of the researchers.

Half of US adults and a third of UK adults are estimated to have hypertension with a reading that's above the standard 120/80 BP level. But the new study throws into doubt the prevalence of hypertension. This overestimate could trigger a wrong diagnosis, the researchers say.

JAMA Intern Med, 2024; doi: 10.1001/jamainternmed.2024.5213

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How long will you live? Stand on one leg to find out

Later in life, if you can balance on one leg—and ideally on your non-dominant leg—for 30 seconds or more, then you're likely to live a good few years to come.

The exercise gives an indication of muscle strength, say researchers from the Mayo Clinic. It also tells you how steady you are, and these traits can determine whether you suffer a fall. Falls are the main cause of injury among over-65s.

The researchers assessed the balance of 40 people aged 50 and over, who also performed walking and grip and knee strength tests.

The good news is that it works both ways: Improving your balance helps coordinate your muscles, which in turn could help you live longer. "If you don't use it, you lose it. If you use it, you maintain it. It's easy to do and you can do it every day," said Kenton Kaufman, one of the researchers.

PLoS One, 2024; 19(10): e0310764



Eat pistachios to improve your eyesight

If your eyesight is starting to fail as you get older, eat some pistachios every day. The nuts contain lutein, an antioxidant that protects the eyes against age-related damage. It also helps increase the eye's macular pigment optical density (MPOD), a measurement of eye pigments that filter blue light emanating from sunlight, smartphones and computer screens.

Eating just 2 oz (57 g) of pistachios every day increases MPOD levels, say researchers from Tufts University's Friedman School of Nutrition Science. In the study participants, levels rose "significantly" in six weeks, reducing the risk of age-related macular degeneration (AMD), a common cause of blindness in the elderly.

Pistachios are the only nut that contains lutein, a pigment that's a key component of MPOD. A 2 oz serving of the nuts supplies around 1.6 mg of lutein, which is double the average amount consumed by Americans. The antioxidant is also in dark green leafy vegetables, such as kale, spinach and broccoli, and in egg yolks.

Lutein accumulates not only in the eyes but in the brain, too. "Lutein crosses the blood-brain barrier, where it may help reduce oxidative stress and inflammation," said Elizabeth Johnson, one of the researchers. Other studies have discovered that higher lutein levels can help to improve cognitive performance, including memory and processing speed.

J Nutr, 2024; doi: 10.1016/j.tjnut.2024.10.022

Don't give toddlers too much sugar—they'll thank you when they grow up

Restricting dietary sugar in the first two years or more of life reduces the risk of chronic health problems in adulthood. In fact, it starts from the moment of conception: Pregnant women should also look to reduce their sugar intake.

Children who consumed less sugar during their first 1,000 days—just under three years—were 35 percent less likely to develop type 2 diabetes as adults. They also had a 20 percent lower risk of hypertension, or high blood pressure.

Researchers from the University of Southern California analyzed the health outcomes of people in the UK who experienced sugar rationing during the Second World War. By 1942, people were limited to just 8 teaspoons (40 g) of sugar a day, but consumption doubled when rationing ended in 1953.

Tying this in with data collected 50 years later by the UK Biobank survey, the researchers were able to track the health of those born during the years of rationing. They compared these participants to those born after its end.

Sugar restriction during pregnancy lowered risks of type 2 diabetes and hypertension, and restriction during the first several years after birth further lowered the risks. Even those who later developed either condition usually did so two to four years later than those born after rationing had ended.

Despite rationing, Britons were eating a healthy diet during wartime and its aftermath. It aligned with today's recommendations to restrict sugar and consume more vegetables.

A diet that includes sugar early in life is "the new tobacco," said Paul Gertler, one of the researchers. "We should treat it as such by holding food companies accountable to reformulate baby foods with healthier options and regulate the marketing and tax sugary foods targeted at kids."

Science, 2024; doi: 10.1126/science.adn5421





Eat an early dinner to lose weight

If you want to lose the pounds, have an early dinner and an early breakfast the following morning, research shows.

An early dinner gives the body enough time to burn off the calories and extends the time you're fasting, a new study has discovered. But skipping breakfast completely, and fasting for around 17 hours before you eat, doesn't help you lose any extra weight, say researchers from the Barcelona Institute for Global Health.

Instead, the "Goldilocks" approach to intermittent fasting is the healthiest way to go, the researchers found after they analyzed the eating habits of around 3,000 people aged 40–65 for five years.

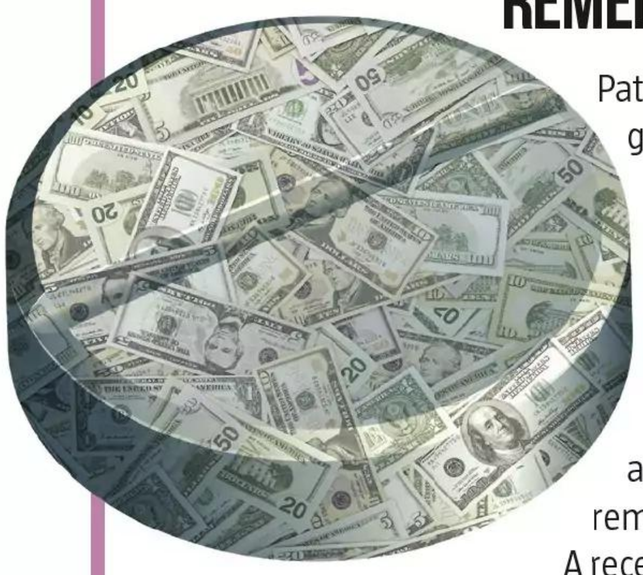
Those who lost weight tended to eat an early dinner and breakfast. "We think this may be because eating earlier in the day is more in line with circadian rhythms and allows for better calorie burning and appetite regulation," said Luciana Pons-Muzzo, one of the researchers.

A subset of the group followed a more extreme approach and fasted for 17 hours by skipping breakfast and having their first meal around 2:00 p.m. These participants, mainly men, had a less healthy lifestyle, didn't eat a Mediterranean diet, were less active and were more likely to smoke and be unemployed.

But despite fasting longer, the men didn't lose any weight, and the tactic was no better than calorie restriction, which has a limited and short-term impact. Instead, follow a sensible pattern of intermittent fasting and eat healthily, focusing on the Mediterranean diet.

Int J Behav Nutr Phys Act, 2024; 21(1): 102

WHY PATIENT SUPPORT GROUPS FAVOR DRUGS OVER ALTERNATIVE REMEDIES



Patient support groups are influenced by Big Pharma donations and will often recommend a drug over alternative remedies.

A recent study revealed that 83 percent of the largest support groups in the US were receiving substantial contributions from drug companies, often without revealing the donations. From 2010 to 2022, drug companies donated over $6 billion to these groups.

In 2023, AbbVie, which makes the immunosuppressant drug Humira for rheumatoid arthritis, donated $1 million to the Arthritis Foundation, while Merck, which makes the anti-cancer agent Keytruda, gave a similar sum to the American Cancer Society.

But one of the biggest donors was Novo Nordisk, maker of the weight loss drug Wegovy, which has given over $25 million to weight-loss specialists over the past decade.

Alliance for Natural Health USA, "Big Pharma's Billions Buy Influence, Not Prevention," Oct 25, 2024, anh-usa.org

Alternative health group sues FDA over homeopathy regulations



An alternative health group has filed a lawsuit against the US Food and Drug Administration (FDA) over new regulations that could take homeopathic remedies off the shelves.

Under the new ruling, the FDA is treating homeopathic remedies as "new drugs" that need to pass through safety trials before they can be offered to the public. Pre-market clinical trials, which new pharmaceutical remedies must pass before they can be prescribed, can cost many millions of dollars.

The Alliance for Natural Health (ANH) USA is arguing that the new measure violates federal law and ignores a congressional ruling that recognizes homeopathic remedies, which can't be patented, as different from pharmaceutical drugs.

This difference, which includes the unique way the remedies are made together with their excellent safety record, allows homeopathic remedy manufacturers to operate under a more relaxed regulatory framework. It was recognized in the Food, Drug and Cosmetic Act, legislation that is more than 80 years old.

But guidance issued by the FDA in 2022 bypasses the act's protection of homeopathy, argues the ANH. The group has joined homeopathic products manufacturer Meditrend in the lawsuit against FDA Commissioner Robert M Califf.

Alliance for Natural Health USA, "ANH Sues FDA to Stop US Homeopathy Ban," Oct 29, 2024, anh-usa.org

Doctors win damages over "statin deniers" articles

A major UK newspaper has paid out "substantial damages" to two doctors after claiming their questioning of statins' benefits would lead to many deaths.

Associated Newspapers, publisher of the *Mail on Sunday*—one of the world's leading news websites—has issued an apology and paid all costs and damages to Dr Malcolm Kendrick, MD, and Dr Zoë Harcombe, PhD.

In 2019, the *Mail on Sunday* had claimed the doctors, which it labeled as "statin deniers," would cause the deaths of many people who stopped taking the drugs after hearing their arguments. The newspaper's health editor, Barney Calman, said the consequences would be more severe than the anti-vaccine controversy after gastroenterologist Andrew Wakefield suggested the MMR vaccine might cause autism.

The statin articles also implied the two doctors were dishonest and were knowingly spreading falsehoods for commercial gain.

But the newspaper's public interest defense against libel was dismissed last June by Justice Matthew Nicklin, who ruled that the doctors had not been dishonest—their questioning of statins, and the whole fats theory of heart disease, was an honest opinion that they held without expectation of any gain.

On reviewing the science, Justice Nicklin agreed that the fats theory of heart disease was not conclusive and that the doctors had every right to question it.

In the years after they published the claims, Calman and his publishers had refused to apologize, remove or alter the offending articles, so Kendrick and Harcombe sued for libel, arguing that the articles "caused serious harm" to their reputations.



EMFs: Our new silent spring?

Electromagnetic fields from cell phones and wireless technology could be having just as devastating an effect on human health and life on Earth as pesticides, warn Iver Mysterud and Einar Flydal

In 1962, the American biologist Rachel Carson alerted the world about humanity's chemical destruction of nature. In her groundbreaking book *Silent Spring*, she showed that insecticides were polluting the environment, endangering our health. "Everyone knew" these chemical substances were safe—just as everyone today knows that EMFs (electromagnetic fields) are harmless.

Yet little or nothing has been written about the effects of EMFs, the communications industry denies there is a problem and government bodies seem reluctant to investigate.

Neither medical doctors nor environmental agencies have registration systems aggregating information about impacts and making them visible. Although we have safety standards that help moderate EMF levels, around 75 percent of scientific papers published since 1990 show detrimental effects at levels below "safe" limits.[i] Also, these standards are designed to protect only humans and not other forms of life.

Here are a few of the many disturbing findings that demand action.

Insects are disappearing

Insect populations are now falling worldwide. An overview study shows that radiation from everything wireless is an important factor in their decline.

Exposure to microwaves is probably not the only cause, but it could be interacting with other environmental issues, such as intensive farming, monoculture, the use of pesticides, invasive species and climate change.[ii] Although more research is still needed, EMFs appear to represent a significant threat to insects across the globe.

Several insect species are of inestimable importance to our survival, and this alone should trigger the precautionary principle—if you don't know the outcome, don't do it. Instead of deploying new and more invasive communication technologies, humans should be researching their impact on all living things.

Harm to humans and frogs alike

A recent paper presented the evidence-based argument that increasing background levels of man-made, non-ionizing electromagnetic radiation, all the way up to 300 GHz, can harm life.[iii] This applies to all kinds of organisms in entire ecosystems and beyond—indeed, to the biosphere itself.

Many species other than humans are extremely sensitive to both natural and man-made electromagnetic fields. It is likely that man-made fields—both static, extremely low frequencies (ELFs) and radio waves (RFs) from cell phones—can have negative effects on all animal and plant species, even at very low intensities.

Safety limits are focused on protecting people, but they're designed only to protect against acute damage resulting from tissue heating. That's as far as they go even though we know a number of other physiological changes happen when radiation is so weak that no significant heating can occur.

For decades, researchers have warned the global population and their governments about potential harm by EMFs. A team recently found that most studies show biological effects, many of which are potentially harmful and occur at exposures within "safe" levels according to current safety standards.

Studies have found "changes to neurotransmitters and receptors" and "damage to cells, proteins, DNA, sperm, the immune system and human health, including cancer." In addition, research has uncovered effects on insects, birds, frogs, other animals and plants.[iv]

Too weak to cause harm?

It's true that all life on Earth is naturally exposed to electromagnetic energy, such as from the sun and from the ground under our feet. Our cells use it to communicate with each other. Animals

"Although we have safety standards that help moderate EMF levels, around 75 percent of scientific papers published since 1990 show detrimental effects at levels below 'safe' limits"

use it to navigate. And every living organism emits its own EMF.

But man-made radiation differs from natural radiation. Electric fields from all kinds of devices and transmitters emit positive and negative charges that are polarized and ordered. That is, they are not chaotic (canceling each other out), like those in nature.

Thus, even though natural EMFs are more intense than man-made ones, artificial EMFs exert force in a specific direction, adding together instead of canceling each other out, which gives them strength. They can pull and push molecules, impede their natural flow, and trigger reactions in living organisms, which we call biological stress.[5]

Man-made EMFS interfere with natural processes, while naturally occurring EMFs don't.

Life is built by complex chemical processes driven by electrical forces, and it can be disrupted in all sorts of ways by these forces. Among the most sensitive are the cell membranes' ion channels, proteins opened and closed by oscillating electrical forces, regulating everything that comes in and out of cells.

Collagen, an essential ingredient in connective tissue, is affected by specific frequencies, and this effect can trigger epileptic seizures.[6] We know that man-made electric fields disturb these structures, and we also know that even extremely weak pulses can have this effect if the frequencies are "right."[7] Simply stated, the use of EMFs opens a Pandora's box of possible health effects at the cellular level.[8]

Even the planet's ecosystem—which extends into the upper atmosphere—is now affected by human electrical activity,[9] and some investigators have warned that the ozone layer could be at risk.[10]

Artificial EMFs exert force in a specific direction, which gives them strength to pull and push molecules, impede their natural flow and trigger reactions, which we call biological stress



The rest is silence

These concerns have been met by silence and apathy. Yet science has long known that EMFs, misleadingly called "non-ionizing," are a biological stress factor and may have contributed to the emergence of major chronic diseases.[11]

A short commentary from 2018 demonstrates the dramatic increase in radiation levels, a fundamental change from the environment in which life on Earth began. Since World War II, cell phones and other wireless communication equipment have increased the natural background radiation around 10^{18} times—that's 10 with 18 zeros behind it.[12] This radiation, from civilian and military use, has created a physical environment that Earth's living organisms simply aren't adapted to.

As was the case with other environmental stressors, like lead and PVC, there are powerful stakeholders who don't want these concerns to be publicly discussed; instead, they're pressing for a fast deployment of the technology. Telcos are rushing toward 5G networks and wide-area Wi-Fi, disregarding the repeated warnings from leading researchers as well as the many appeals to the EU Commission, the US Federal Communications Commission and national governments to postpone the rollout.[4]

The shift toward a more sustainable future, as it's envisioned today, entails an increasing use of electricity and wireless communication. It's not at all obvious that nature and human health will withstand such a development in electricity production, distribution and consumption, even when generated by "eco-friendly" wind turbines at sea, solar panels or a new breed of compact nuclear power stations. It's time for humanity to start putting the issue of ever-increasing demand for electricity and resulting EMFs on the agenda.

Rachel Carson is probably spinning in her grave over the lack of attention to the problem. She saw a parallel problem 70 years ago: Then it was the environmental toxin DDT, universally considered beneficial to humans. Now it's something else man-made that could be having a significant material impact on life here on Earth.

Iver Mysterud, PhD, is the scientific editor of the Norwegian health magazine *Helsemagasinet VO*. Einar Flydal has an MSc in political science and an MSc in telecom strategy and technology management. He has worked for nearly 40 years in computing, telecom and academia as a researcher, strategy advisor and lecturer.

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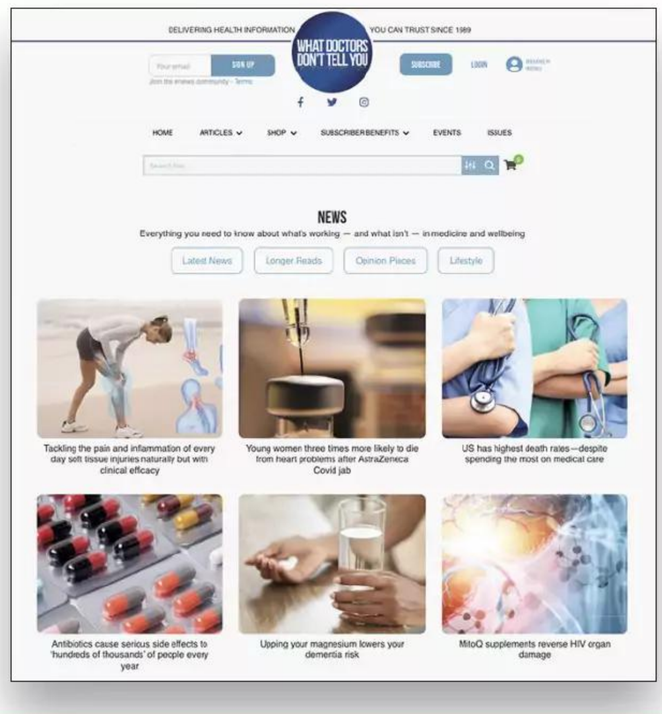
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A sick planet

Diseases aren't things you catch anymore. Instead, they're caused by a poor lifestyle, and soon they'll account for most deaths around the world

We're living longer—and we've never been so sick. One in three people around the world has a range of chronic health problems, such as asthma, cancer, heart disease, arthritis, irritable bowel syndrome (IBS), diabetes or dementia.

The picture's even worse in the US, where half of all adults suffer from a chronic disease. By 2030, this epidemic will cost governments around $47 trillion worldwide just to manage.

Diseases used to be something you'd probably catch from a virus or bacterial infection. But with the arrival of antibiotics and improved sanitation, these are no longer the main reasons people are getting sick.

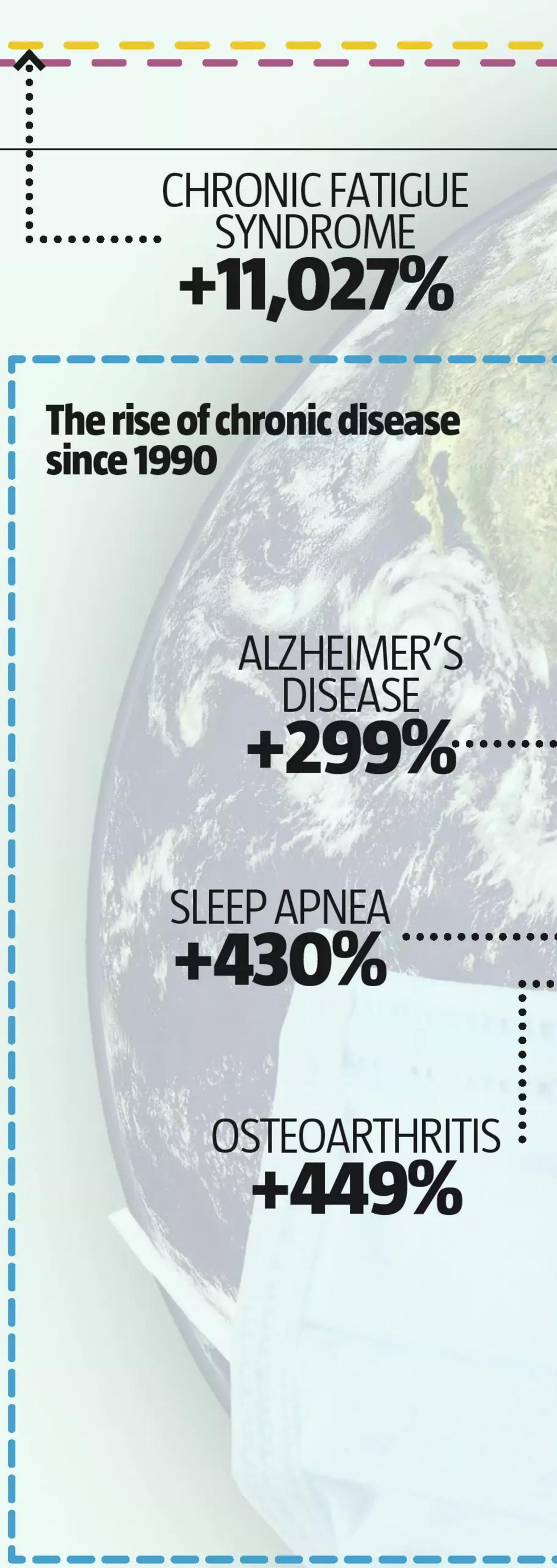
"Sixty years ago, a new and dominating health problem emerged: chronic disease. It has now reached epidemic proportions, affecting 50 percent of the population and consuming 86 percent of health care expenditures," says Halsted R Holman, a Stanford University researcher.[1]

The crossover happened around 1950. In those optimistic days after the Second World War, ready-made processed food started to become the first choice for many families, and the emphasis shifted to labor-saving devices around the home that did the chores for you before everyone settled in front of the exciting new technology of television.

Medicine defines a chronic disease as anything lasting, or recurring repeatedly, for longer than three months—but in most cases, it lasts a lifetime and could eventually kill you. You don't catch it; instead, it's the result of a poor lifestyle characterized by features such as a sugary diet, smoking, a lack of exercise, environmental pollutants and stress, which also means it's entirely preventable.

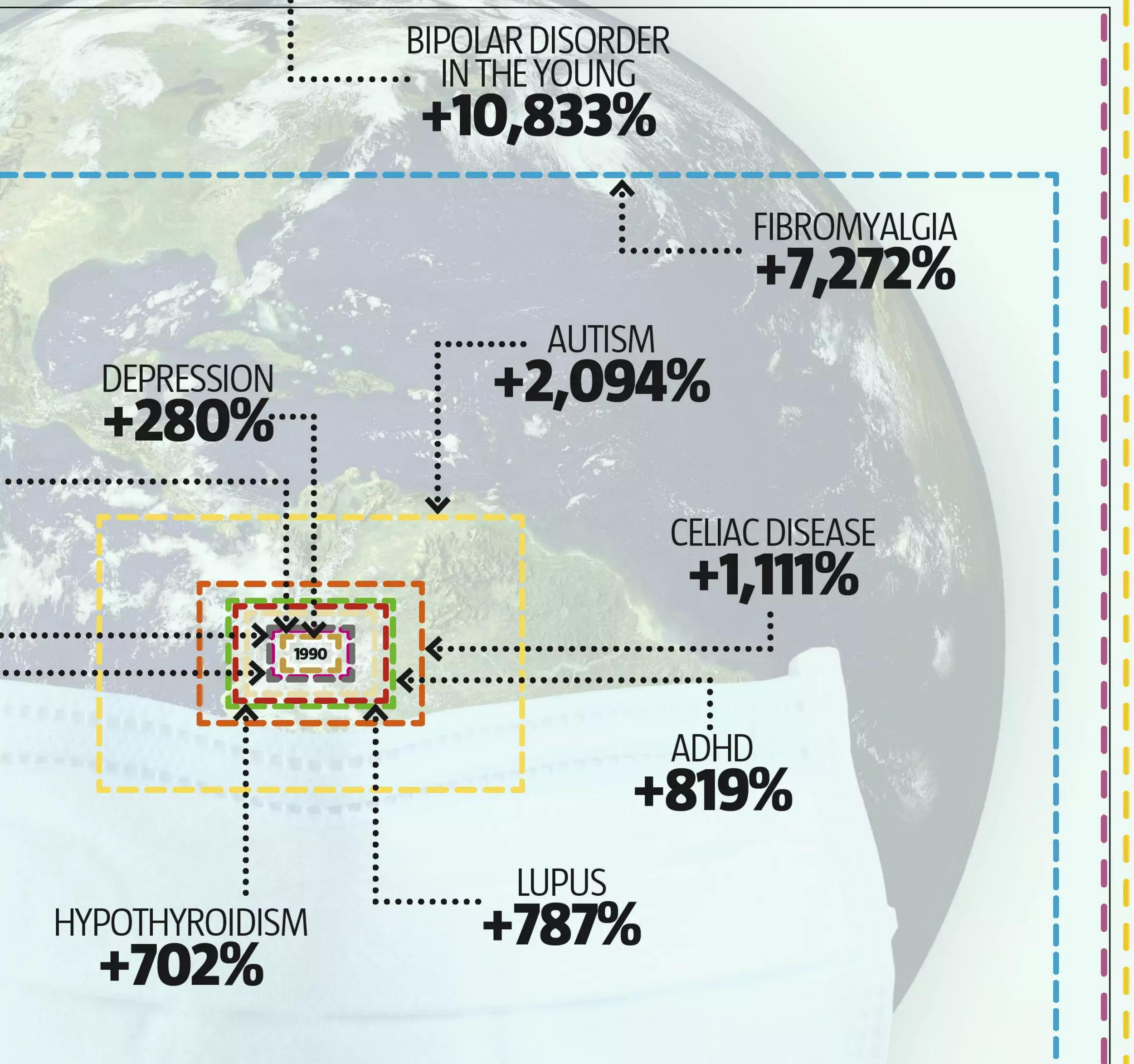
It's getting worse—and it's already been on the increase for years. By 2050, the World Health Organization estimates chronic diseases will account for 86 percent of all deaths.

Medicine still has the "acute disease" mindset and is poorly prepared to deal with chronic problems by shifting the emphasis from treatment to prevention. Until it does, we'll get sicker and eventually bankrupt our economies as healthcare overtakes every other type of government spending.



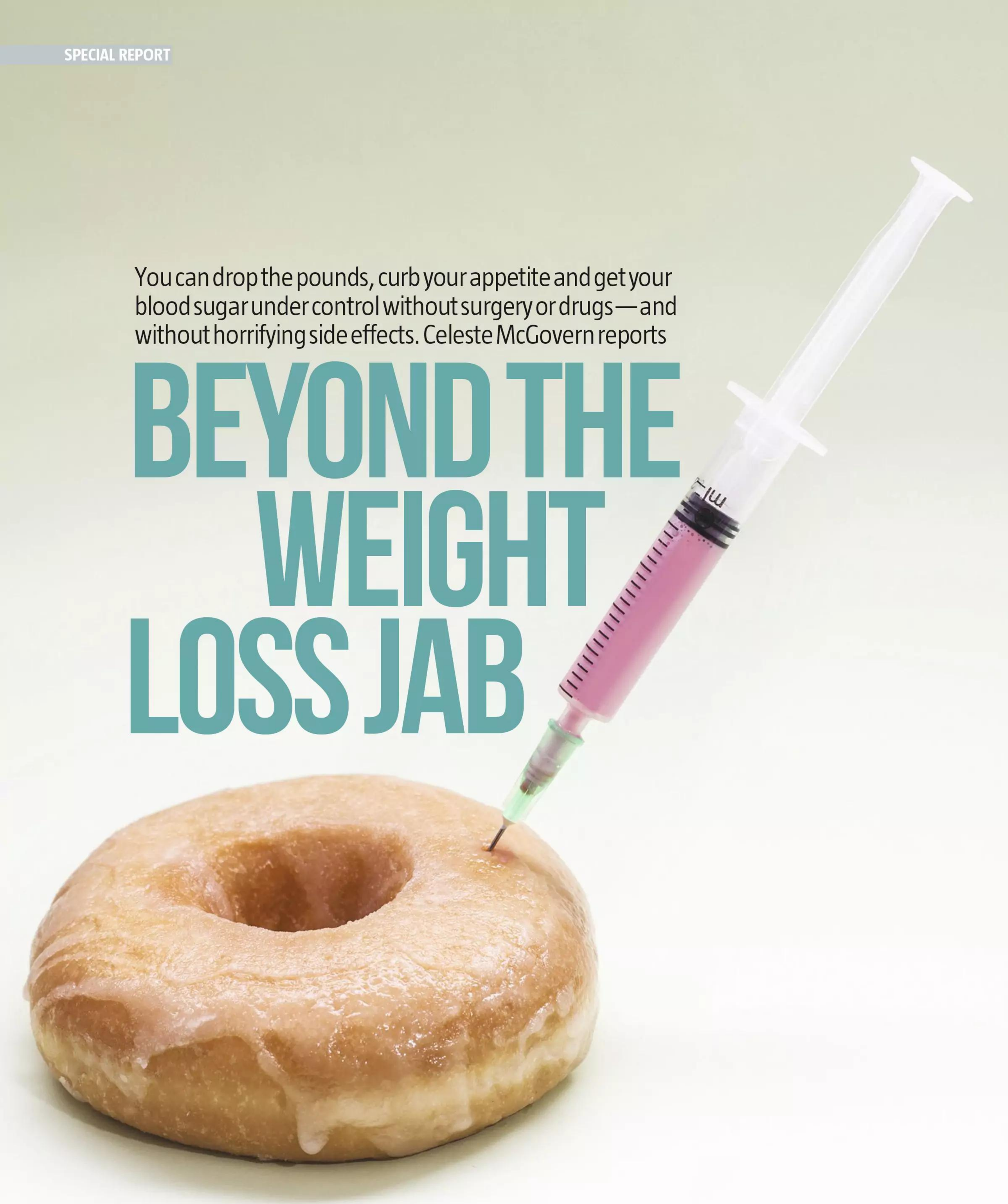
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Source: Tim Gray (TimBiohacker)


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FIBROMYALGIA
+7,272%
AUTISM
+2,094%
DEPRESSION
+280%
CELIAC DISEASE
+1,111%
1990
ADHD
+819%
LUPUS
+787%
HYPOTHYROIDISM
+702%

You can drop the pounds, curb your appetite and get your blood sugar under control without surgery or drugs—and without horrifying side effects. Celeste McGovern reports

BEYOND THE WEIGHT LOSS JAB



There has never been a more sedentary and overweight population than ours today in the West. When the US Centers for Disease Control and Prevention last counted, in March 2020, it found 42 percent of US adults met the medical definition of obese, having a body mass index (BMI) score over 30. One in 10 more were classified as "severely obese" (BMI score over 40).

This means more than 100 million American adults are obese, 22 million of them morbidly so.[1] What about the children? One in five American children and teens—14.7 million—are classified as obese.[2]

And it's a problem not confined to America. In England, almost 10 percent of five-year-olds entering school are obese. Before they enter junior high, Year 6, this figure bloats to more than 22 percent—higher than the US figures.[3]

These data don't account for the overweight. In Canada, if you add fat people to the obese and morbidly obese, you've got almost two-thirds of the population, and the problem's not slowing.[4]

What do the extra pounds mean for people? They mean a higher risk of dying; in the US, obesity claims 300,000 lives each year.[5] Being overweight is linked to higher risks of heart disease, stroke, type 2 diabetes, dementia[6] and Alzheimer's disease, plus 18 types of cancer,[7] osteoarthritis and sleep apnea,[8] for starters.

It's a financial burden for patients, too, and for their healthcare systems. In 2019, annual medical costs for obese adults were $1,861 higher per person than for those at a healthy weight, and $3,097 higher for the severely obese. This accounted for nearly $173 billion in medical expenditures.[9]

Enter Ozempic

What if a pill or an injection could melt the pounds and the risks away? Enter Ozempic and its offshoots, the diabetes drugs approved by the US Food and Drug Administration (FDA) in 2021 for weight loss in adults and children as young as 12. Little wonder they've become a global phenomenon.

By 2023, sales of the drugs by the Danish company Novo Nordisk were in the billions. Their success bumped the entire economy of Denmark above the rest of Europe's[9] and spawned a new market of weight loss drugs that Goldman Sachs predicts will generate $100 billion a year by 2030.[10]

Ozempic and Wegovy are brand names for different doses of the same drug, semaglutide. It's a synthetic version of a molecule originally found in the venom of a large lizard, the Gila monster. This molecule happens to mimic a human hormone, GLP-1 (glucagon-like peptide-1).

In humans, GLP-1 is one of dozens of incretin hormones, those secreted by cells in the intestines in response to food. Animal studies have shown that the brain is loaded with GLP-1 receptors, and it responds to the hormone by signaling to your body that you're full. GLP-1 is the hormone that gives you a stuffed feeling after a big meal.

The role of glucagon

GLP-1 receptor agonist drugs like Ozempic and Wegovy mimic this hormone on an amped-up, super-physiological level, flooding the brain's GLP-1 receptors. Even without food, they give the body all the signals it's stuffed when it isn't. This leads a person to eat less, lose weight and see their blood glucose and insulin markers move in a healthier direction.

"Glucagon-like peptide" sounds like glucagon, but they're different hormones, although both are involved in regulating blood sugar. GLP-1's primary action is suppressing glucagon.

When insulin was discovered in 1921, animal insulin preparations contained molecules first thought to be a contaminant. It was called glucagon (short for glucose agonist) because it boosted blood glucose. Over the next decades, research revealed glucagon is a critical hormone in its own right—the "second hormone" of blood sugar regulation, and critical in diabetes.

> The whole metabolic status of everybody—animals, humans—is determined by the relative concentration of insulin to glucagon

"What's interesting is they're produced right beside each other in these little pockets of cells within the pancreas, and yet they're enemies in a way," says Dr Benjamin Bikman, a researcher and professor of cell biology and physiology at Brigham Young University who specializes in metabolic disorders.

"They antagonize each other in almost every possible biochemical event. If insulin is trying to do something, glucagon is trying to stop it. If glucagon is trying to do something, insulin is trying to stop it."

Insulin is the hormone of feeding and storing. It takes simple molecules and packs away energy. Glucagon is the hormone of fasting and burning. It breaks down more complex molecules for energy.

The late Dr Roger Unger, the famed endocrinologist who identified glucagon, published groundbreaking work on how it influences insulin secretion and on the significance of the insulin-glucagon ratio. He explained, "The whole metabolic status of anybody—animals, humans—is determined by the relative concentration of insulin to glucagon."

Unger, a professor of internal medicine at UT Southwestern Medical Center, discovered in the 1970s that even if type 1 (so-called insulin dependent) diabetics were deprived of insulin, if their glucagon was inhibited, their glucose control was perfect.

"We couldn't believe this," Unger recounted to the Endocrine Society in 2012. "We had all been trained to believe that life without insulin was not possible."[11]

"So, diabetes is as much a problem of too much glucagon as it is a problem of too little or not functioning insulin," explains Dr Bikman.

Insulin has dominated the diabetes research landscape for decades, however. And perhaps that was because

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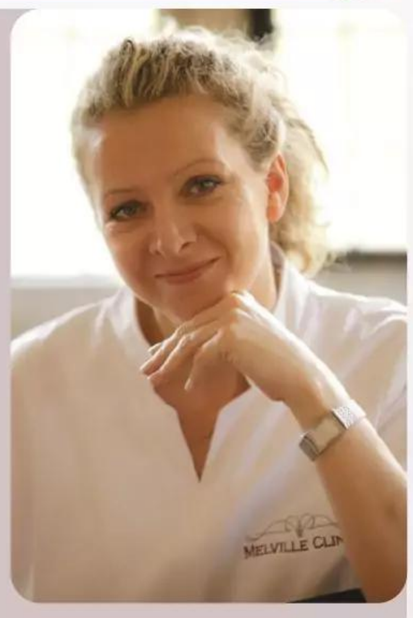


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pharmaceutically minded researchers didn't see a way to control glucagon levels.[2]

Fast-forward to the 21st century and the discovery of incretins, including GLP-1, that suppress glucagon. The quest for drugs that behave like these hormones led to the Gila monster toxin copycat semaglutide and a handful of spinoffs, which the FDA approved for type 2 diabetes control in 2005. At a low dose, it was fairly good at regulating diabetics' blood sugar.

Researchers observed that some patients on semaglutide were dropping weight as well. It was a happy coincidence but not one overlooked by drug developers, who saw an enormous opportunity in the expanding obesity pandemic market.

First they began promoting Ozempic off-label at jacked-up doses to the non-diabetic obese. Then they launched Wegovy—Ozempic patented at a multiples higher dose. At these doses, the drugs light up the GLP-1 receptors but also slow the progress of food through the GI tract to prolong the sensation of fullness.

After the FDA gave its blessing to Ozempic and Wegovy in 2021, the weight-loss drug bonanza was on.

Last year, Novo Nordisk asked the FDA to extend approval of its blockbuster drugs to overweight children as young as six. A caveat that the children must also take diet and exercise measures seems to have been thrown in to appease critics, who see the drugs as a Band-Aid for the huge problem of a toxic food landscape. More and more children are growing up fat and sick on a standard Western diet of processed food.

It's just the next in a long line of medical solutions for excess weight (see box, right).

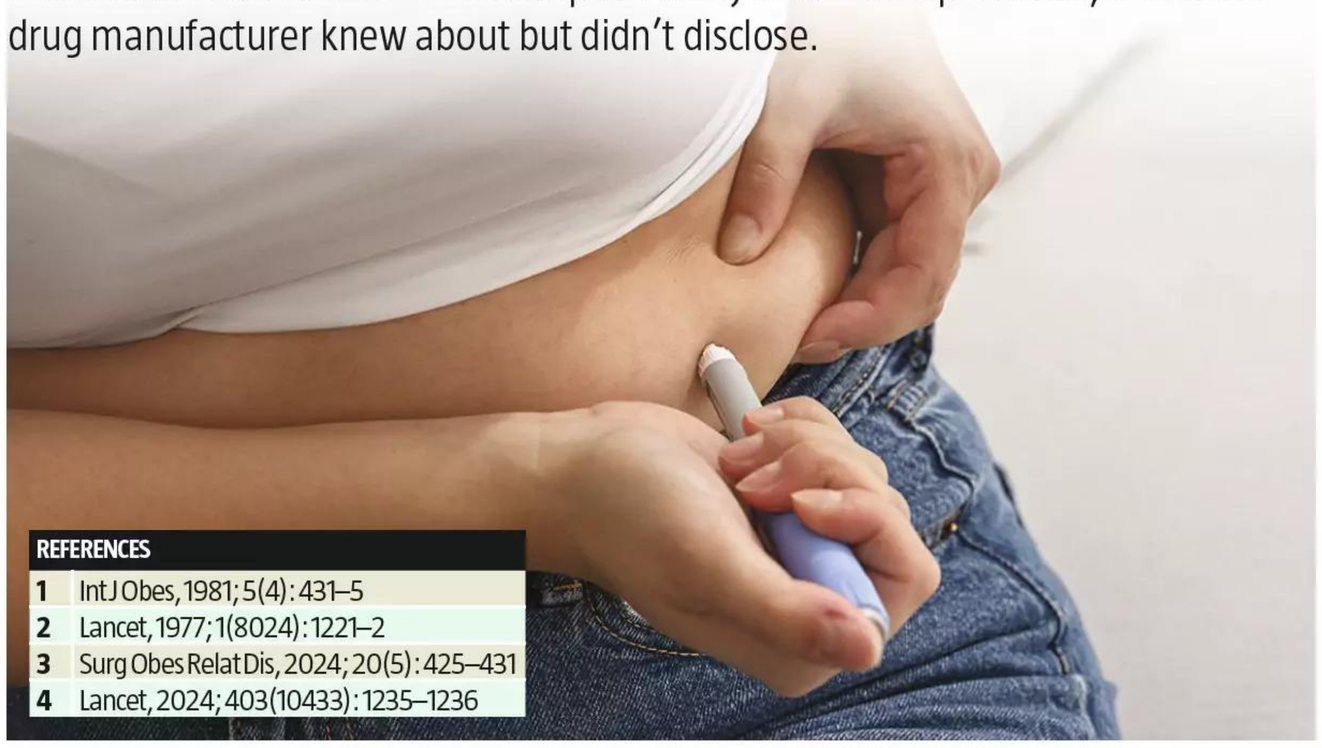
Medical weight loss interventions

If weight-loss drugs for six-year-olds sounds off, think of other obesity treatments. Vagotomies (cutting one or more branches of the vagus nerve),[1] laxatives and jaw wiring[2] have all come and gone.

Gastric balloons and "lap bands" (all the rage when they were approved back in 2001) have been replaced with newer bariatric surgeries with fewer side effects. Gastric bypass and gastric sleeve operations, which cut out part of the stomach to make it smaller and/or reroute the intestines, were performed on 280,000 Americans in 2022.[3]

Weight-loss drugs have come and gone, too—often when the hidden side effects are discovered. Benfluorex (brand name Mediator) was an appetite suppressant released to the French market in 1976. Its manufacturer knew it came with fatal heart problems at least as early as 1995, but it wasn't recalled until 2009.[4]

Fen-phen, a "miracle" diet pill from the 1990s, was recalled after 6 million Americans took it and some developed deadly heart valve problems, which the drug manufacturer knew about but didn't disclose.



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How well do GLP-1 drugs work?

GLP-1 receptor agonist drugs can have dramatic effects on appetite, reducing food intake and altering choices to cause rapid weight loss. A 2023 study analyzed data from 3,962 people who participated in six randomized controlled trials. Among them, 2,562 received semaglutide (the high-dose Wegovy) and 1,400 received placebos.

The people taking semaglutide lost an average of 11.8 percent of their body weight (about 27 lb) compared to those on a placebo, which translated into about 3.5 inches off their waists. They also had improved health indicators like blood pressure, blood sugar levels, inflammation markers and cholesterol.[13]

Newer GLP-1 drugs, like tirzepatide, sold as Mounjaro or Zepbound, trimmed even more weight, according to a 2024 meta-analysis. Participants lost an average of 45 lb and 5.5 inches off their waists (along with greater side effects).[14]

Some 30–40 percent of people are described as "super responders," losing more than 20 percent of their body weight. A subgroup of 10–17 percent, "non-responders," drop less than 5 percent of their starting weight.[15]

Those with the highest BMI scores tend to lose the most weight, though it's often not enough. If they were 300 pounds and lost 15 percent of that, they're still 265 pounds. As Michael Greger, author of *Ozempic: Risks, Benefits, and Natural Alternatives to GLP-1 Weight Loss Drugs*, says, "They started out obese, and they ended up obese."

But mixed results and relatively small losses are just the beginning of the downsides.

Not well enough

Taking a closer look at the drugs' usage and effects leads to disappointment—and even horror.

Weight loss happens, but it stalls over time. Most losses occur during the first months of treatment, then plateau around the 14-month mark.[16] Continue the drugs, and the weight stays off. But stop, and it piles back on—sometimes worse than before.

Remi Bader, an American influencer on TikTok, told her viewers that she was prescribed Ozempic when she became prediabetic. She lost weight on the drug but regained twice what she had lost once she stopped taking it.

It's common to see Ozempic and Mounjaro users on TikTok and Reddit, in search of support after stopping the drugs to deal with the massive food cravings and "ravenous hunger" they're now suffering from.

"I cannot stay full," influencer Claudia Oshry complained in a recent post. "I just had a 12 oz steak and I'm starving, so I'm eating popcorn. How are we staying full?"

Between 50 and 75 percent of people who take GLP-1 drugs stop within a year, according to a paper by researchers at Northwestern University and Harvard University.[17]

"The staggeringly high discontinuation rates of GLP-1 RA should raise alarms for clinicians, policy makers, and public health experts," said Sadiya Khan, Northwestern University cardiologist and author of the paper.

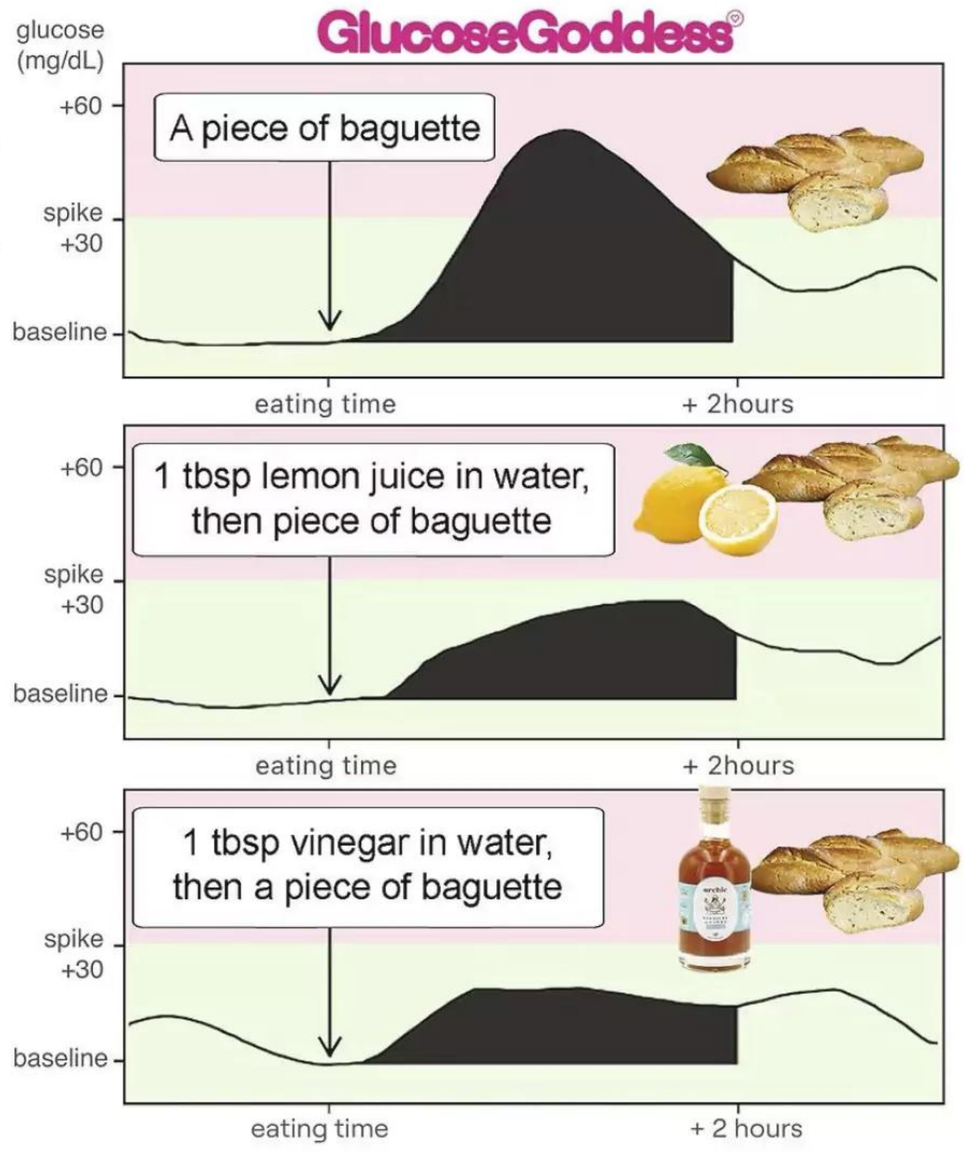
Splash in some vinegar

Vinegar, with components known to have antioxidant, antidiabetic, antimicrobial, antitumor, anti-obesity, antihypertensive and anti-inflammatory effects, has been used to treat obesity for centuries.[1]

Bacteria in the gut turn acetic acid in vinegar into acetate, the same short-chain fatty acid they make from fiber, turning on GLP-1 and other incretin hormones that suppress glucagon and appetite.[2]

An effortless way to get vinegar into your diet is to have pickles before or with meals (just avoid ones with polysorbate 80 and carrageenan, which can mess up your microbiome).

In the diagram below, the French biochemist and author Jessie Inchauspé, known as the Glucose Goddess (glucosegoddess.com), has shown how her own blood sugar spike is flattened by drinking a tablespoon of white or apple cider vinegar in water or sparkling water 10 minutes before eating.



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"First and foremost, the high cost of these therapies is likely a large barrier," she pointed out. The drugs cost up to $1,400 for a month's supply in the US, though in the UK and Canada, they cost less than a third of that.

"Also, unlike therapies that are used to treat blood pressure or cholesterol," Khan added, "some individuals think they will stop taking them once they've lost weight, while others are only using them cosmetically and not for management of a chronic disease."

Side effects—including death

Khan didn't mention the side effects of the drugs, but looking at the FDA Adverse Event Reporting System (FAERS), these might be the bigger problem. Since 2019, the agency has received 37,694 adverse event reports on semaglutide alone.

Of that number, 16,622 were logged as "serious," including 505 deaths. They include septic shock, gastrointestinal blocks, pancreatitis, pancreatic cancer, blood clots in the lungs, blindness, anorexia, suicide, episodes of psychosis and depression, and more.

Add tirzepatide and liraglutide to the picture, and it's even more grim: 47,781 and 37,267 adverse events, respectively, since 2019. FAERS says the reports don't prove causation and some may be duplicates.

Tirzepatide is listed as a contributing factor on the death certificate of Susan McGowan, a 58-year-old nurse from Scotland who died after taking just two doses of the Eli Lilly drug Mounjaro.

A few days after her second dose, she was vomiting and in severe stomach pain. At University Hospital Monklands in Airdrie, Lanarkshire, she developed serious kidney issues and went into a coma, according to the BBC. She died later from multiple organ failure, septic shock and pancreatitis.

Australian Trish Webster, 56, began using Ozempic and later switched to the tirzepatide Saxenda because she wanted to lose weight to fit into a dress for her daughter's upcoming wedding. She lost 35 pounds but paid for it with a lot of nausea, vomiting and diarrhea.

Then one day "she had a little bit of brown stuff coming out of her mouth, and I realized she wasn't breathing, and started doing CPR," her husband Roy told *60 Minutes Australia*. "It was just pouring out, and I turned her on to the side because she couldn't breathe," he said.

Webster died that night, with "acute gastrointestinal illness" listed as the cause on her death certificate.

Stomach paralysis "Gastrointestinal (GI) events are well-known side effects of the GLP-1 class. For semaglutide, the majority of GI side effects are mild to moderate in severity and of short duration," Novo Nordisk, the maker of Ozempic and Wegovy, said in a statement to Britain's *The Independent* when reports of gastroparesis, or stomach paralysis, were raised about a year ago.

"GLP-1's are known to cause a delay in gastric emptying, as noted in the label of each of our GLP-1 RA medications," Novo Nordisk continued. "Symptoms of delayed gastric emptying, nausea and vomiting are listed as side effects."

Sometimes the nausea and vomiting are not mild. British actor Stephen Fry revealed that he was forced to stop taking semaglutide when he began vomiting up to five times a day.

Delayed gastric emptying—slowing of food through the gastrointestinal tract—is an intended effect of the drug. Dr Bikman says it's a reason some people develop putrid breath and stinking "Ozempic burps," because "you have food sitting in your stomach so long that it's starting to fester."

"The problem with these GLP-1 agonists is that it slows it down too much," he adds. "You're taking a natural slowing signal effect and sending it off the charts." There are published case reports in which the stomach becomes paralyzed and severely slows digestion.[19]

Meredith Hotchkiss, 56, of Idaho, is one of hundreds of patients suing Novo Nordisk and Mounjaro maker Eli Lilly after she was diagnosed with gastroparesis. She has since been fitted with a tube to deliver food intravenously and has been hospitalized three times, *The Daily Mail* reported, including once with life-threatening sepsis.

Spice things up

Curcumin, the yellow component of the spice turmeric, has been known to lower blood sugar spikes when just a teaspoon of the spice is consumed. A 2023 review paper noted that the spice quadruples the amount of GLP-1 secreted.[1]

Cinnamon at a dose of less than a teaspoon daily has been shown to contribute to weight loss compared to placebo, too.[2]

In one crossover study, individuals were given either a placebo or a drink with various spices before eating 50 g of carbohydrate for breakfast. Both turmeric and cinnamon suppressed a glucose response without affecting insulin, suggesting to the researchers that they "may be important in lowering cardiometabolic risk."[3]

Adding turmeric to your tea or coffee might promote only a minor GLP-1 secretion compared to an Ozempic surge, but a Golden Turmeric Coffee sounds so much more pleasurable.

Golden Turmeric Coffee

Ingredients

½ cup cream or your favorite substitute, such as almond milk
1 tsp ground turmeric
½ tsp cinnamon
Pinch of ginger and black pepper
1 cup brewed coffee
Dash of non-glucose-spiking sweetener, such as allulose or stevia (optional)

Method

❶ Combine the cream and spices in a saucepan and heat until hot but not boiling.
❷ Mix with coffee and sweetener and stir or froth with a mini immersion blender. Enjoy!



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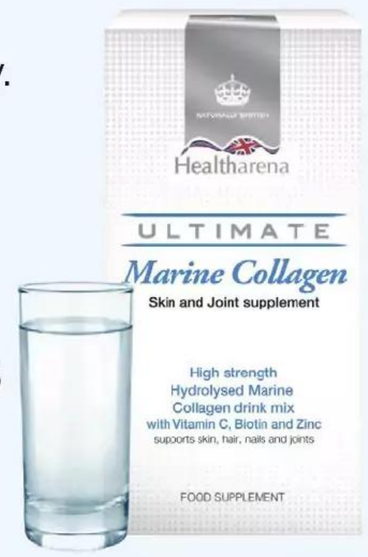
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"It affects me socially," she says, "because you go out with your friends, and what do you do? You go out to dinner, or you go to barbecues . . . all the holidays, everything revolves around food."

One woman is suing because severe vomiting burned a hole in her esophagus. Others say the acid from so much vomiting degraded their teeth.

Even mild nausea can be hard to stomach indefinitely for some. "When people say, 'My food cravings go away,' that's a nice way of saying, 'I feel a little sick all the time, so I just don't want to eat,'" says Dr Bikman. For many, it's just not sustainable.

Muscle loss Besides gastrointestinal issues, there's an alarming risk with GLP-1 agonist drugs that's not talked about much: muscle loss. Losing weight without resistance exercise can lead to about 15–25 percent of weight loss from muscle mass, but with Ozempic and its cousin drugs, it's up to 40 percent.

"To help put that in perspective, that's worse than the amount of lean mass lost by people with malignancies like esophageal cancer that cause them to waste away," says Dr Greger. It's also comparable to "a decade or more of aging."[19]

A new amusement on social media is spotting celebrities with "Ozempic face"—a characteristic aged and sagging face with hollowed cheekbones caused by loss of facial fat and muscle.

UK celebrity Sharon Osbourne has been complaining about how she lost 42 pounds taking Ozempic. "I'm too gaunt and I can't put any weight on," the 71-year-old told *The Daily Mail*. "I want to, because I feel I'm too skinny. I'm under 100 [lb] and I don't want to be. Be careful what you wish for."

A potential trouble, especially for women of postmenopausal age like Osbourne, is that if they do gain weight, it's likely to return as fat rather than muscle. Putting lost muscle back on might be easy for a 20-something, but not for an older woman.

Lost muscle also leads to bone loss and frailty, which has its own frightful risks, including falls, fatigue and a sedentary life.[20]

Healthier alternatives

In the end, it's about weighing the risks whenever you're putting something in your body that doesn't belong there. "Are the consequences you want worth the consequences you don't want?" asks Dr Bikman.

He thinks that, at their original very low dose, GLP-1 agonists might help people in severe situations break deep-seated habits, beat cravings, make better food choices and change their lifestyles.

If you want to fix your glucagon-to-insulin ratio without the risks of the GLP-1 agonist drugs, what can you do instead? Altering glucagon secretion and lowering your insulin levels via diet and lifestyle is possible. From a diet perspective, Dr Bikman offers three main principles.

1. Curb carbohydrates Ketogenic and carnivore diets work by drastically cutting carbohydrates (carnivore

Easy Flaxseed Crackers

Ingredients

1 cup roasted flaxseeds
¼ cup ground flaxseed (you can grind the seeds in a coffee grinder)
2 Tbsp Everything But the Bagel seasoning
½ cup warm water
Sea salt (optional)

Method

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Combine flaxseeds, flax meal and seasoning. Mix in the warm water. Allow the mixture to stand for 10–15 minutes.
3. Spread the mixture over the lined baking sheet. Place a second sheet of parchment over the mixture and roll out to about 4 mm thickness. Remove the top sheet of parchment.
4. Make perforated lines with a fork for easy breaking after baking. Sprinkle with sea salt if you like.
5. Bake for 15–20 minutes, checking frequently after 15 minutes. Remove when slightly golden around the edges.
6. Cool slightly and then break into cracker-sized pieces. Store in an airtight container for up to one week.





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diets consisting of all animal products contain no carbs, and serious keto diets restrict carb consumption to under 30 g per day). Research has shown that these ways of eating reduce blood sugar levels and insulin resistance over time.

Simply cutting out refined sugars and highly processed carbohydrates from foods that come in boxes and packages, like pasta, rice, cookies and crackers, will lighten your carb load. It can lower your blood sugar after meals, which will reduce the body's demand for insulin. That in turn prevents the glucagon secretion that's triggered by low blood glucose (which occurs when insulin moves blood sugar into the cells).

The following are some other ways to stop your insulin, and therefore your glucagon, level from spiking after you eat.

Focus on low-glycemic foods. The glycemic index (GI) measures how quickly a carbohydrate-containing food raises blood sugar levels. High-GI foods cause a rapid rise, triggering the release of insulin. This, in turn, can lead to hyperinsulinemia if insulin is overproduced in response to frequent blood sugar spikes.

Low-GI foods release glucose more gradually into the bloodstream, which helps prevent large swings in blood sugar levels and reduces the need for large amounts of insulin. They include non-starchy vegetables such as leafy greens, cauliflower and broccoli.

If you're not aiming for ketosis, choose whole grains such as quinoa and barley, legumes like lentils and chickpeas, and most fruits. Berries and apples work well, but avoid blood-sugar-spiking tropical fruits like mangoes, pineapple and grapes.

Fill up on fiber. Dietary fiber directly stimulates the L-cells in the gut that make GLP-1. Gut bacteria consume fiber and produce short-chain fatty acids including butyrate, which trigger the release of GLP-1. The end effect is that you feel full longer.[21]

Fiber-rich foods are low-GI and can reduce blood glucose after meals, which may prevent excessive glucagon secretion. Eat vegetables like spinach, broccoli, kale, cauliflower and low-GI fruit, such as berries. If you're not trying to stay in ketosis, whole grains, especially barley, lentils and beans, are good high-fiber options.

Flaxseeds are a great high-fiber food that doesn't spike insulin.[22] Flaxseed crackers are a satisfying substitute for the high carb, processed kinds (see box, page 33).

Sweeten with allulose or stevia. These are popular low-calorie sugar substitutes that don't significantly raise blood sugar levels in humans. Allulose is excreted without being metabolized, and stevia is metabolized differently from sugar.[23]

A 2024 rat study found that allulose "mitigated the adverse effects of high-fat, high-sugar diets, including reduced body weight gain and improved insulin resistance." It lowered the rats' food consumption and increased their levels of GLP-1).[24] Another study in mice and human intestinal cells found stevia has similar effects.[25]

Allulose is approved for use in the US but not in the UK or EU. When using either sweetener, choose brands without additives, such as maltodextrin, that can raise your blood sugar.

> Simply cutting out refined sugars and highly processed carbohydrates will lower your blood sugar after meals, which reduces the demand for insulin and can prevent glucagon secretion

2. Prioritize protein Protein has little direct impact on blood glucose levels and can help prevent large spikes and dips. Consuming meat, fish, eggs and nuts with meals can slow the digestion of carbohydrates and reduce glucagon secretion by stabilizing the glucose supply. It also promotes GLP-1 secretion to help you feel full longer.[21]

Sardines, which have soft, edible bones, are loaded with calcium, which has been shown to increase GLP-1 alongside protein.[26]

3. Don't fear fat Healthy fats like those found in olive oil, capers, avocado, macadamia nuts, seeds and fatty fish can also reduce the body's insulin response and help to maintain more stable blood glucose levels.[27]

See page 36 for more natural ways to lose weight.

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A weight off

Losing weight is not always as simple as eating less and exercising more, says Marcelle Pick. Try these five tips in her holistic approach to shedding stubborn pounds for good and transforming your health in the process

Recently, I got a phone call from Cara. "I'm ready to make a change," she said, "and I want to start with losing these extra pounds I've been carrying around."

I hear this so often from women, especially at the beginning of a new year. The start of a fresh year feels like an invitation to change, doesn't it? I hear from women every day who are ready to commit to being as healthy as they can, and they realize how connected maintaining a healthy weight is to their overall health.

I love that these women are ready for change; it's the first step toward healthy weight loss. But as you likely know, dropping stubborn pounds is never easy. That's why New Year's resolutions to "lose weight" rarely stick.

It's not as simple as deciding to do it. There are so many factors at play, whether you've struggled with your weight your whole life or, like Cara, you've seen the pounds creep on in recent years.

There's still a common misconception that if you just eat less and exercise more, those pounds will come off. But that's just not true for so many women.

Weight gain is the result of many factors: hormonal imbalances, emotional trauma, metabolism, toxins and so much more. We have to consider all of these issues when determining the best way to tackle weight loss.

It can seem overwhelming, but there are plenty of diet and lifestyle changes—some very small and easy to implement—that can jump-start your weight loss.

The five tips below will help you transform not just your weight but your whole life. Losing weight may be where you start, but the overall goal is to change your life so you're as happy and healthy as possible.

1. Exercise smarter, not harder

Exercise is important when you're trying to lose weight, but here's something you might not have considered: you may be exercising more than you need to.

Interval training, or short bursts of exercise alternating with rest periods, have been shown to help your body continue burning fat long after your workout is over. In fact, researchers who looked at nearly 150 studies found that as long as the same energy was expended, weight and fat loss was the same with either extended aerobic exercise or high-intensity interval training.[1]

Isn't that good news? That means you don't have to find an hour or more every day to make a difference to your weight loss—just 20 to 40 minutes of interval training three or four times a week may be all you need.

2. Choose a metabolism-boosting diet

Metabolism is something we can't have complete control over. Genetics plays a role—meaning you might have a naturally slower metabolism. But that doesn't mean it's hopeless. There are so many things you can do to be sure your metabolism is functioning as efficiently as it can.

Explore any conditions that might be negatively impacting your metabolism. The culprit could be thyroid issues, autoimmune disease, inflammation, leaky gut syndrome or other digestive disorders, hormonal or adrenal imbalances, systemic yeast overgrowth, or something else.

If any of these factors are affecting you (many people have them without knowing it) weight loss can feel nearly impossible. The best way to address these issues is to first identify them. You may need to get help from a qualified healthcare practitioner.

Then pay close attention to your diet. Avoid foods that are certain to disrupt your metabolic function, such as those listed below.

Processed foods

One of the reasons obesity is such a problem in the Western world is the easy accessibility and low cost of highly processed foods. When we eat hyperpalatable foods with lots of sugar and little effort required, our bodies crave even more—we're biologically programmed that way.

But the lack of healthy nutrients in these products means we often suffer from vitamin and mineral deficiencies if we eat too many of them instead of real, whole foods.

If the ingredients list is very long or has words you can't pronounce, it's best to put it down and move on. Fresh fruits and vegetables, lean protein and healthy fats are a much better choice. Avoid all fast food—that change alone can make a world of difference.

Added sugar

For a long time, fat was demonized, and manufacturers turned to sugar to make up for the lack of flavor in low-fat foods. Did you know that research funded by the sugar industry drove the war on fat? More current information has clearly demonstrated that certain fats are beneficial to your health—and added sugars are exactly the opposite.

It's so hard to avoid added sugar because it shows up everywhere. And to make it more confusing, there are



Weight gain is the result of many factors, and we have to consider all of them when determining the best way to tackle weight loss

multiple names for it, so you can't just look for one thing as you're reading the labels.

High-fructose corn syrup, barley malt, fruit nectars, dextrose, maltodextrin, fructose, juice concentrate, cane syrup—it's all added sugar.

Take a close look at the labels of foods you may think are healthy, like protein bars, granola bars, flavored yogurt and even bread. You might be shocked to discover just how much added sugar is in the food you eat every day.

Research documents the impact of sugar on obesity,[2] diabetes,[3] cardiovascular health[4] and other chronic conditions. Consumption of added sugars in the US and UK is well above the upper limits recommended by the health agencies, so it's no wonder we see so many health issues on the rise.

Naturally sweet foods, like fruit, are a much better way to satisfy your sweet tooth. If you must add sweetener, use natural options like stevia or raw honey—in moderation.

Refined grains

I'm sure you've heard about gluten allergies and sensitivity, and for good reason. Gluten is one of the main compounds in refined grains, and it can cause big issues with metabolism. It can be behind chronic inflammation, leading to a host of uncomfortable symptoms including joint pain and weight gain.

Other compounds, like starch and phytic acid, can also impact your metabolism. Starch is quickly converted into sugar, which can wreak havoc on your blood glucose levels, and phytic acid blocks the absorption of minerals when it binds to them.

If you aren't ready for a grain-free diet, consider sticking to sprouted or fermented grains. For baking, try using almond flour or coconut flour, both of which will likely have far healthier effects on your metabolism.

Unhealthy oils

Don't buy into the "fat is evil" philosophy. Your body needs fat to thrive.

But don't be fooled into thinking all fats are created equal, either. Vegetable and seed oils, like canola oil, are often found in refined foods that simply slow down fat burning.

5 quick exercise tips

These simple tips can help to make exercise part of your life.

Schedule your workouts Treating them like any other appointment can help you stay focused on your goals.

Switch it up Repeating the same workout day after day can be boring, making you less likely to follow through. Different types of training will help you meet your goals. Remember to include strength training regularly.

Take small doses Do a few short sessions throughout the day if you can't manage a 30-minute block. You don't even need equipment—try walking up and down the stairs in your office building for 10 minutes midday.

Be social Find a group of people you love and exercise together. Fitness is always more fun with friends.

Do what you enjoy Most of all, find exercise that you like doing. Forcing yourself to do something you hate only adds more stress to your life, and stress can bring your weight loss to a screeching halt.

Don't be afraid to think outside the box, either. Exercise doesn't have to take place in a gym or group class. As long as you're moving for at least 10 minutes at a time, it counts.



When cooking or baking, replace these oils with coconut oil or grass-fed butter. Any time you have a need for butter, make sure you use the real thing instead of margarine or other substitutes.

See the box on page 39 for more dietary tips for a healthy metabolism.

3. Supplement intentionally for fat loss

Because it's so very difficult to get all the nutrients you need from food alone, I often suggest supplementing in ways that address your specific issue. For general health, including keeping hormones balanced so you can lose weight, I recommend that all women take a high-quality multivitamin daily.

When fat loss is your goal, the following supplements can also help.

Vitamin D

Vitamin D helps keep hormones balanced so you can lose excess fat. It's tough to eat enough vitamin D–rich foods or get enough sunlight for your body to produce what you need. That's why I recommend a daily vitamin D3 supplement for most people.

Suggested dosage: 2,000 IU/day

Fish oil

Fish oil supplements are a great source of EPA and DHA, omega-3 fatty acids that can help diminish inflammation and may balance out metabolic changes related to obesity.

Suggested dosage: 1,000–2,000 mg/day EPA and DHA

Protein powder

Protein is a key to boosting your metabolism and building lean muscle. If you don't eat meat or you find it hard to get enough protein with snacks, you can use protein powder to ensure you're getting enough to support fat loss.

You can add it to smoothies, use it in baking or mix it with water for a quick energy boost. Many of the powders available in supermarkets or pharmacies are heavily processed or contain artificial sweeteners, so look carefully to find a high-quality powder that won't sabotage your results (see page 64).

Another option if you're not a meat eater is to combine plant foods in a way that gives you all the essential amino acids (protein building blocks). See *WDDTY* December 2024 to learn more.

Suggested dosage: Follow the label instructions

Probiotics

Your gut health is important to your ability to lose weight, and a high-quality probiotic can support digestion and balance the flora in your gut. Research has shown that some strains of probiotics can impact energy metabolism and can be associated with reduction of both weight and body mass index.[5]

Suggested dosage: Follow the label instructions

4. Eat in a way that works for your unique profile

There are myriad diet programs to choose from; how are you supposed to know which one is best? Remember that every person is unique and there is no diet plan that works for everyone.

Also, any short-term "diet" will bring short-term results. What you really need to do is find healthy dietary patterns that will work for you in the long term.

I've been offering a unique weight loss program (with an accompanying online course) for a few years now—and it works. I address what can lead to weight gain and obesity, the emotional aspects of weight loss and how to intentionally build healthy habits that will help you keep the weight off forever.

The weight loss program itself uses a combination of homeopathic drops and a somewhat strict eating plan for six weeks. But unlike so many other programs that help you lose weight quickly, my program examines your whole lifestyle to find where you need to make permanent changes so the weight stays off.

I also urge participants in my program to complete a genetic profile so that we can discover exactly which type of long-term nutrition plan is right for them.

Every healthy diet includes organic whole foods and avoids the processed stuff. But your genetics may dictate avoiding specific things to keep the

Hints for a healthy metabolism

Eat enough quality protein

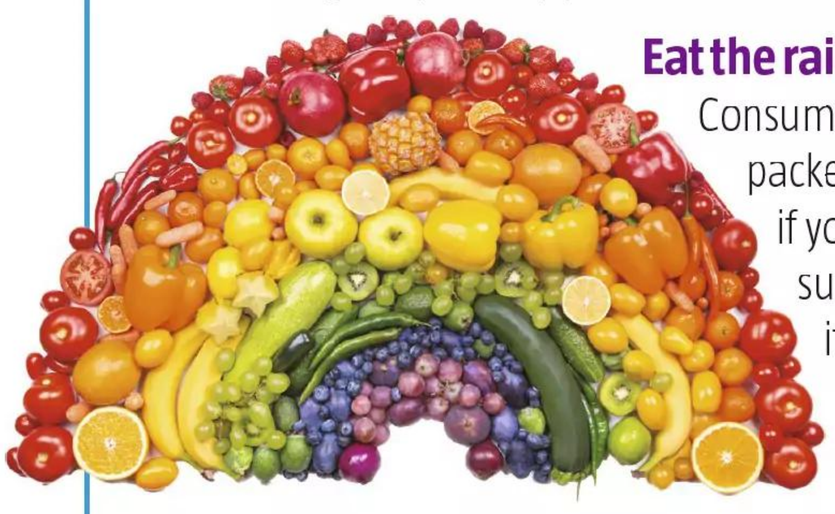
An ideal diet incorporates protein into every meal and snack. Great choices include grass-fed beef, free-range eggs, wild-caught fish, organic chicken and wild game.

Eat healthy fats

Try avocado, nuts, olive oil and coconut (in its many forms: milk, oil and flour).

Add sprouted seeds

Flaxseed, hemp seeds and chia seeds are all great options filled with fiber that supports fat loss. As an added bonus, sprouted seeds are high in protein and contain omega-3s, so they pack an all-around powerful punch.



Eat the rainbow

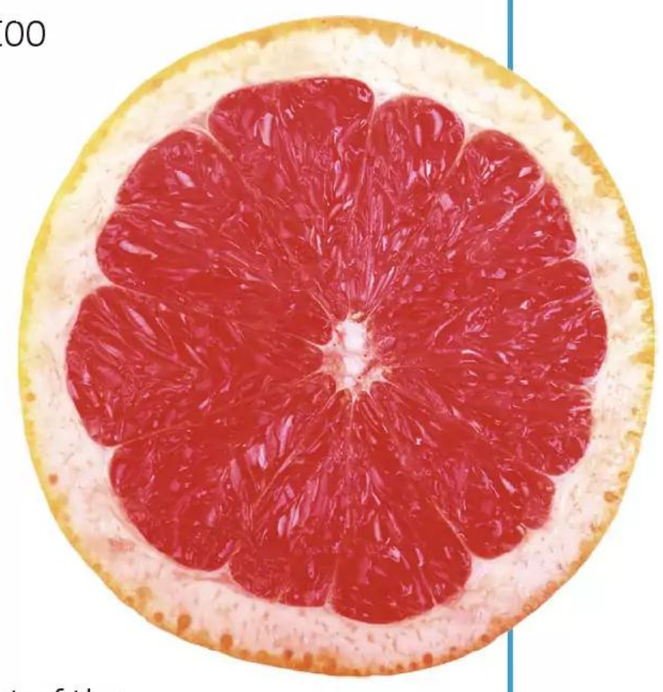
Consume a wide range of colorful, nutrient-packed vegetables. You can't lose weight if you focus on calories without making sure your body is getting the nutrients it needs.

Drink more herbal tea

One to three cups per day may help rev up your metabolism. Green tea is especially effective due to its high catechins content.

Eat grapefruit

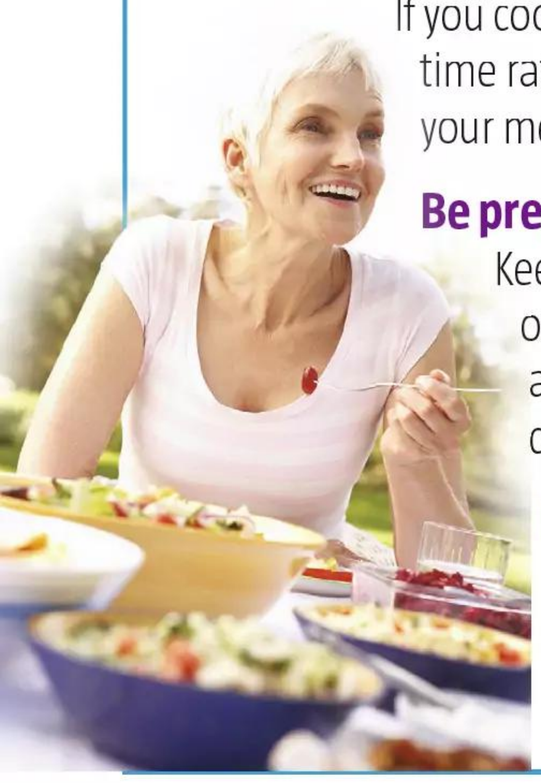
No, I don't mean eat only grapefruit—a diet that's too limited isn't the way to go. But research shows that eating grapefruit can aid an enzyme called AMP-activated protein kinase (AMPK) which helps the body use sugar. Grapefruit contains nootkatone, which has been shown to increase AMPK activity.[1]



Stay hydrated

Drinking plenty of water is one of the best ways to stay on track. You'll flush out toxins and keep your metabolism going strong.

Eat at home



If you cook from scratch at home most of the time rather than eating out, you can avoid the foods that wreck your metabolism.

Be prepared with healthy snacks

Keep cut vegetables or fresh fruit handy instead of chips or cookies. In the right containers, these travel well and can help you avoid a trip to a vending machine or convenience store.

Enjoy your food

Eating slower not only helps you recognize when you're full but aids digestion as well.

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weight off. When you're eating to work with your genetics instead of against them, your weight loss will happen much more smoothly.

5. Try intermittent fasting

Intermittent fasting can be very effective in boosting metabolism and melting those pounds off.

Intermittent fasting is eating within a specific time window, then fasting for a certain number of hours each day. Often this means skipping either breakfast or dinner, since you'll want to include the time you spend sleeping in your fast.

Fasting also helps with hormone production, inflammation reduction, heart health and digestion.

Keeping it off

It's absolutely possible to start off the new year with quick weight loss—and keep it off—when you're committed to doing things a different way. It's all about your mindset and your desire to transform your life once and for all.

The good news is that once you've built those healthier habits, you can veer off the path slightly as long as you get right back on. When you make healthy choices 90 percent of the time, you have a little wiggle room for the other 10 percent.

Cara decided to give some of my suggested changes a try, and she's already seeing results. Make the choice for yourself now and begin your journey of weight loss and transformation.

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Marcelle Pick (marcellepick.com), ob-gyn nurse practitioner, is passionate about transforming the way women experience healthcare through an integrative approach. She cofounded the world-renowned Women to Women Clinic in 1983 with the vision not only to treat illness but also to support her patients in proactively making healthier choices to prevent disease. She has successfully treated thousands of individuals through her unique approach to wellness.

Cold comforts

Keep these homeopathic remedies on hand to deal with colds, cracked skin, low mood and other winter ailments, says homeopath David Needleman

Wintertime can bring with it all sorts of health problems—not just colds and flu but also skin issues, breathing difficulties, stomach bugs and seasonal affective disorder (SAD). Here are some of the most common problems I'm contacted about via the Homeopathic Helpline at this time of year, and the homeopathic remedies that can help.

Asthma

Asthma can get worse in the winter as the cold, dry air can irritate the airways, triggering wheezing and other asthma symptoms. Two remedies that can help are Arsenicum Album and Lobelia Inflata. Both were used in the past for symptoms caused by smog—common before the introduction of the Clean Air Acts to reduce air pollution in the UK.

Suggested dosage: Arsenicum Album 30C and Lobelia Inflata 30C three times a day, or alternate doses of each

Cracked skin

Sore, cracked skin is a common problem in cold weather—no doubt most of us have suffered from it at some point. The hands and fingers are the parts most often affected, and sometimes bleeding can occur.

Many people reach for petroleum jelly to treat the problem, but petroleum byproducts are far from natural and could actually make the skin worse. Petroleum as a homeopathic remedy, however, can be helpful for cracked skin.

Suggested dosage: Petroleum 30C three or four times a day until symptoms resolve

Chilblains

Chilblains—small patches of inflamed skin—often arise in the most vulnerable, such as the young and the elderly. They're common after exposure to cold and damp air, especially when it's windy and no protective winter clothing is worn.

They mostly affect the fingers, toes and ears and can cause itching, burning and stinging, and the skin can become red or purple. There is also the possibility of infection if the skin breaks, and this can lead to complications.

The best homeopathic remedy for chilblains is Agaricus Muscarius (better known as Father Christmas' Mushroom but only good in homeopathic potency). It usually clears them up in a few days.

Suggested dosage: Agaricus Muscarius 30C three to four times a day until chillblains are completely gone

Seasonal affective disorder

A common problem during the winter months is seasonal affective disorder (SAD), which often comes with reduced exposure to sunlight during the shorter days in autumn and winter. Symptoms are similar to those of depression—low mood, lethargy, despair, reduced libido, difficulty concentrating, to name a few—but they occur with a seasonal pattern.

Light boxes, widely available in many shapes and sizes, can be helpful for SAD. In my past life as a pharmacist, I often supplied these to customers and clients, with mainly good results.

The homeopathic remedy that makes the most difference in SAD is Phosphorus. For best results, take it from late September to early April—have a good supply on hand.

Suggested dosage: Phosphorus 30C or 200C, one pill twice a day (morning and mid-afternoon), depending on symptom severity (200C for more severe cases)

Norovirus

Phosphorus is also a useful remedy for norovirus, known as the "winter vomiting bug." It's particularly helpful for the vomiting side of things, while Arsenicum Album is good for the diarrhea that goes with it.

Suggested dosage: Alternate doses of Phosphorus and Arsenicum Album, both 30C, three times a day

Hypothermia

Hypothermia occurs when the body's core temperature drops below 95°F (35°C). Symptoms include cold, pale, blue, livid skin; icy coldness of the whole body; sensations of numbness or tingling; and respiratory symptoms, such as shallow breathing.

It's a medical emergency and needs to be treated in the hospital, but two homeopathic remedies—Arsenicum Album and Camphora—can help in the meantime (as well as measures to get warm, such as drinking a warm, nonalcoholic drink and using a blanket). Camphora is also a handy remedy for Covid infection.



Suggested dosage: Camphora 30C four times a day until symptoms are reduced, then switch to Arsenicum Album 30C three times a day

Colds and flu

Aconite is ideal for a dramatic, sudden development of a cold or flu, while Gelsemium is the right remedy for a slower and achier onset. It's especially useful for aches and pains in the arms, shoulders or legs alongside other cold and flu symptoms.

You can also try the proprietary product Oscillococcinum, made by Boiron in France (see Healthy Shopping in *WDDTY* December 2024 for Boiron's home remedy kit containing this product). Although it's usually taken for prevention, if you get a cold or flu, it can also be used as a treatment.

For a full list of homeopathic cold and flu remedies based on specific symptoms, see my handy chart in my column in the October 2024 issue.

Suggested dosage: One or two doses only of Aconite 30C, and Gelsemium 200C three times a day for a couple of days

Your questions answered

Postoperative pain

I'm 84 years old, and five weeks ago, I had a total knee replacement operation. I'm doing quite well, walking without sticks in the house and even in the garden, but feel that I'm stuck and not improving pain-wise.

I am not sleeping well and can't seem to be in a comfortable position for very long. I'm taking paracetamol (acetaminophen) and ibuprofen, something I have never done before, and would like to stop.

Is there anything you could recommend in the homeopathic world to help with the healing?

Eva Harvey

David replies **Assuming you may be taking blood-thinning agents, I recommend two remedies for now: Bellis Perennis 200C three times a day to promote healing, and Staphisagria 30C, also three times a day, for pain relief.**

Stop one or both when you are no longer in pain and the healing is progressing. I would guess you will also sleep better.

Tremor of the hands

I'd like to know if it's possible to treat an idiopathic benign tremor of the hands with homeopathic remedies.

Anne Page

David replies **The short answer is yes, but this would require a full, in-depth consultation. As with all treatment, there are no guarantees, but the symptoms could likely be much reduced.**



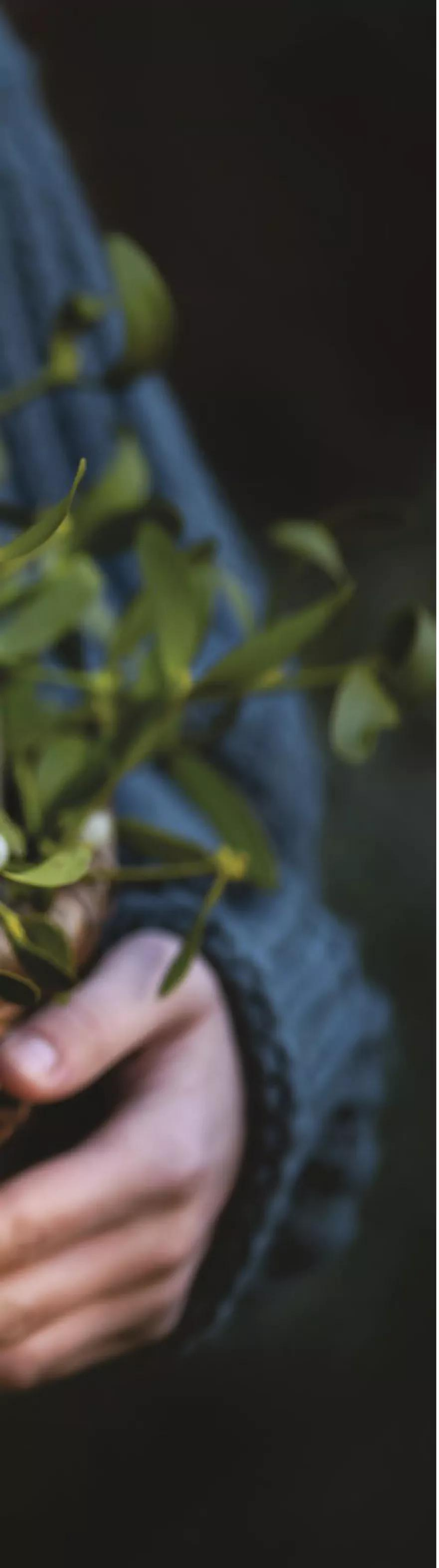
David Needleman is one of the founding directors of the Alliance of Registered Homeopaths. Qualified as both a pharmacist and a homeopath, he worked in community pharmacies for most of his professional life and has lectured on homeopathy in the US, the UK and Japan and treated clients in 24 countries.

In 1996, David set up the Homeopathic Helpline, a 15-hour-a-day, 365-day-a-year acute advice service manned by him and other qualified, experienced homeopaths. They have successfully helped 350,000 callers to date. You can reach the Homeopathic Helpline at +44 (0)9065 343404.

To have David answer a question in *WDDTY*, write to info@wddty.co.uk.

Integrative oncologists around the globe are beginning to embrace mistletoe therapy as one of the most promising alternative treatments for cancer. Cate Montana reports

Not just for Christmas



Mention mistletoe, and most people think of passionate kisses in doorways during holiday parties. But how many people would be romantically inclined to kiss under something called a "dung twig"—the original meaning of the Anglo-Saxon word *misteltan*?

Mistletoe came to be viewed as a mystical plant that could restore mental, physical, and spiritual balance and health, and ancient medicinal uses centered on treating nervous system complaints such as epilepsy, tremors, convulsions and hysteria as well as kidney problems and heart disease.

Today, mistletoe extract therapy (aka VAE from the plant's Latin name, *Viscum album*) is one of the most thoroughly studied complementary treatments in Europe.[1] It's been recognized for its powerful immunomodulatory effects and ability to activate white blood cells and other immune components essential for fighting many disease conditions, especially cancer.

Preparations made with European mistletoe (*Viscum album* Loranthaceae) are some of the most common prescriptions for cancer patients in Europe.[2] Despite this, mistletoe as a complementary therapy and part of an integrated approach to cancer care is still in the early stages of acceptability in the UK and US.

"There are over 3,800 publications globally showing the various benefits of mistletoe, including cancer care," says Dr Nasha Winters, ND (drnasha.com), from Durango, Colorado. "But until the powers that be in the United States call it safe, we can't even talk about it."

Fortunately, this situation is changing, and Dr Winters is part of that change. "I spoke at the International Mistletoe Meeting in Germany back in 2014," she remembers, "and a couple months later got a call from Dr Luis Diaz, who at that time was head of oncology at Johns Hopkins.

"He said, 'We listened to you talk in Germany, we've been watching you and we realize you're not killing people using mistletoe. So we'd actually like to talk about rewriting our study involving intravenous application of mistletoe in all solid tumor types that have failed treatment with just one round of chemotherapy.' And that got me kind of excited."

Mistletoe aids cancer patients in one of two ways: physiologically and spiritually

The study monitored 21 patients with advanced and treatment-resistant cancers of various types. Finally published in February 2022, it concluded that mistletoe could be safely tolerated by cancer patients. Tumors in three participants decreased in size, and all of the participants reported overall improved quality of life during the treatment.[3]

"They got good results even though they ran uniform IV doses for every patient and only gave one form of mistletoe extract," says Winters, "which is completely not the way any trained mistletoe provider would ever give it in a real-life situation. And it still had benefit enough that the FDA approved Phases 2 and 3 of the trial."

Mechanics

Mistletoe aids cancer patients in one of two ways: physiologically and spiritually. Although most professional health providers, such as Winters, can and do emphasize the spiritual, quality-of-life advantages of mistletoe therapy above its actual physical healing properties, there are solid mechanics to demonstrate why it works.

Mistletoe is perhaps best known for prompting acute release of cytokines (small proteins important in cell signaling) and for its use as a fever therapy. Of course, these are generally regarded as pro-inflammatory effects.

However, with mistletoe administration, they're signs of immune system activity as much as an indicator of heightened metabolism, and so the plant has direct therapeutic effects for patients with cancer.[4] A non-fermented mistletoe extract, abnobaVISCUM®, induces the release of cytotoxic granules. These small pouches

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are filled with substances that kill infected or cancerous cells. The extract also stimulates a type of T cell that seeks out and destroys tumor cells.[5]

Lectins and polypeptide viscotoxins, two groups of plant proteins in mistletoe extract, have been shown to destroy tumor cells and regulate the immune system.[6]

As well, mistletoe extract contains carbohydrates that stimulate helper T cells and increase the activity of natural killer cells.[2] It also contains flavonoids like quercetin, which is known to induce healthy apoptosis (cell death), and several triterpenes (hydrocarbons), which aid in apoptosis and keep cancers from spreading.[4]

"In my practice, I've seen how mistletoe therapy can reduce the fatigue, nausea and immune suppression that typically accompany conventional cancer treatments," explains Dr Winters. "Patients who are using mistletoe often report greater vitality, fewer side effects and a better overall sense of well-being, enabling them to stay resilient throughout their treatment.

"It's particularly promising for patients dealing with immune suppression, as it can help restore immune function without the need for additional medications that might otherwise compromise their health."

Winters says mistletoe is also unique in that it works holistically, addressing the underlying "terrain" of the body. Terrain is a foundational concept in the metabolic approach to cancer.

This perspective acknowledges that our internal environment, influenced by diet, lifestyle, toxins and stress, plays a significant role in our susceptibility to disease. Mistletoe helps rebalance this terrain, she says, harmonizing the body's natural rhythms and immune health.

A holistic dance

Despite mistletoe's obvious impact on various cancers, Winters emphasizes that it's not a one-size-fits-all cancer protocol. "It's all about the patient," she says.

"We learn to ask, 'Tell me about you. What's your constitution? What's your demeanor? What's your ethos?

"'Are you hot or cold, round or thin, male or female? Where is the tumor expressing in your body?' It's basically a homeopathic repertoire-ization process."

Knowing the patient is only half the journey. The other half is selecting the right mistletoe extract. The plant's phytochemical properties vary depending on when it's harvested, the type of tree it grows on, where these trees grow, and the soils and climate of the region.

And then there are the processing methods. "Plant parts matter," says Winters. "The right sequencing or titrating process, the right timing, dose, duration and combination, and the right ways to evaluate progress matter.

"When do we need to titrate it up? When do we need to find a different host tree? What delivery method should be used and when?

"IV, subcutaneous injection, intra-tumoral injection, intravenous injection? The plant and the human have a relationship, and we follow their lead on how to cultivate that relationship for mutual benefit," she explains.

"Bottom line, we don't treat cancer. We treat people. Yes, there are plenty of studies showing that the lectins and viscotoxins have direct cytotoxic activity on the cancer cells.

"But that's not what I use it for. If that happens, it's like a happy side effect. I use it to strengthen the ecosystem, to strengthen the organism, to meet the cancer in a different way."

Spiritual identity

One of the most fascinating aspects of mistletoe therapy is how both mistletoe and cancer relate to the theme of identity. Winters points out that there are common threads with cancer patients, such as the experience of a loss of self—a loss of being in touch with who they are. Another common theme is not being seen or heard.

Interestingly, cancer has much the same identity profile. Cancer cells are regular cells that have lost the sense of who or what they are.

What is VAE?

Mistletoe extracts (also called VAE, *Viscum album* extract) are water-based solutions or solutions made with water and alcohol. They can be fermented or unfermented or prepared as a highly diluted homeopathic remedy. Every extract is categorized and labeled according to the host tree it was grown on. These are some examples:

Iscador is a fermented *Viscum album* L. extract labeled IscadorM, made from *Malus domestica*, aka apple trees.

IscadorP is made from mistletoe grown on *Pinus sylvestris*, aka pine trees.

IscadorQu is made from mistletoe grown on *Quercus robur*, aka oak trees.

Helixor, an unfermented aqueous extract of *Viscum album* L., is labeled HelixorA and grown on *Picea abies*, aka spruce.

HelixorM is made from mistletoe grown on apple trees.

HelixorP is made from mistletoe grown on pine trees.

VAE manufacturers and sources

Helixor (helixor.com) produces Helixor, non-fermented, aqueous fresh plant extracts from two-and-a-half-year-old mistletoe shoots, leaves, stems, flowers and berries. They are harvested four times a year, once per season.

Abnoba (abnoba.de) produces abnobaVISCUM®, preparations of pressed juices from mistletoe leaves, stems and berries. The mistletoes are separated by host trees and harvested in summer and winter.

Wala (walaarzneimittel.de) produces Iscucin, an aqueous extract of leaves, stems, sinkers and berries of mistletoe plants separated according to their host trees.

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The best mistletoe for certain cancers and patients

It was long ago determined that the medicinal qualities of *Viscum album* vary with the type of host tree on which it feeds. In alignment with terrain theory and other alternative medical approaches, such as homeopathy, which is based on the Law of Similars, certain types of cancer energetically respond to mistletoe grown on certain types of trees.

The Law of Similars, "Like cures like," is based on the discovery that substances that cause certain symptoms in healthy people can be used to cure similar symptoms in sick people.

For example, bee venom can cause swelling, inflammation, redness and local itching. Similarly, the homeopathic remedy Apis Mellifica, made from honeybees, can ease those symptoms, allergic rashes, and even joint inflammation and swelling.

In the same way, practitioners have found that the physiological, mental and emotional natures of individual patients align with certain types of mistletoe more than others. Matching the patient with the proper extract is vital.

The following is a list of tree subspecies used for growing medicinal mistletoe as they apply to specific cancers and certain types of people.

Almond (amygdali) Amygdali extract is best for neck and skin tumors as well as lymphoma. The amygdali patient is frequently an overachiever and may be hurt and bitter over past injustices.

Apple (mali) Mali mistletoe extract is most effective for female reproductive cancers, abdominal tumors and lymphatic cancer. The mali patient tends to be short and overweight, possibly pear-shaped, but maintains a sufficiently athletic lifestyle. They are often perfectionistic, stoic and calm and frequently feel underappreciated, unattractive or unloved.

Ash (fraxini) Fraxini mistletoe extract is especially potent in IV therapy and for inducing fever. It's most often used to treat aggressive cancers with a strong tendency toward metastasis.

The fraxini patient is highly capable and seems able to handle everything. Unsurprisingly they are often subject to excess trauma outside of the cancer diagnosis itself. Fraxini mistletoe extracts are excellent for those exhausted from surgery, chemotherapy, radiation and the general taxation of life.

Birch (betulae) Betulae extract is most often used for kidney and bladder cancers as well as melanomas. The betulae patient is generally depressed and has lost their enthusiasm for life.

Fir (abietis) Abietis mistletoe extract has a generally lower lectin content and is considered the most gentle yet versatile VAE. It has structure and sheltering qualities and is used for patients with tumors in the sense organs and the upper body, such as the head, neck, skin and lung.

It's also helpful for patients with prostate cancer, lymphoma and bone metastases and for those completing chemotherapy and/or radiation, especially those experiencing reduced vitality and muscle loss. Patients who cannot tolerate a VAE with a high lectin count may find it helpful.

The abietis patient is often stubborn and reclusive with a strong sense of personal responsibility. They also tend to "run cold" and have difficulty warming up.

Hawthorn (crataegus) The crataegus extract is high in lectins, very warming and capable of inducing fever but also well tolerated by weakened patients. Used for complex and aggressive cancers, it's not tumor-specific; its use is based on the patient's constitution and general state.

The crataegus patient feels that their heart has not been nourished and tends to be rather purposeless.

Linden (tiliae) Tiliae extract is best for soft tumors, endometrial cancer, adenocarcinoma of the lung and some breast tumors. It's warming even when other mistletoe therapies fail to sufficiently induce warmth. The tiliae patient is highly maternal, soft, social and generous.

Maple (aceris) Aceris extract is especially useful for treating liver, pancreas, prostate and breast cancers. The aceris patient has generally lost their sense of personal agency and their capacity for action.

Oak (quercus) Quercus extract is useful for dense, hard tumors—often of the pancreas, rectum, gallbladder or prostate. It's also useful for liver tumors and squamous cell carcinoma of the lungs. The quercus patient



frequently has a strong, stoic, masculine constitution.

Pine (pini) Pini mistletoe extract is most effective with tumors of the sense organs and neurological cancers of the brain and skin, not for cancers in organs that metabolize substances from external sources (such as in the gastrointestinal tract).

It's recommended for patients who are experiencing reduced vitality and muscle loss or patients who can't tolerate lectin-rich VAE. The pini patient is lean and intense and tends to suffer from low self-esteem, guilt and self-hatred and engage in self-harm. They often suffer from respiratory issues and allergies as well.

Poplar (populi) Frequently used to treat aggressive bladder and prostate cancers. The populi patient is often a fearful, superstitious and/or exceedingly religious person.

Willow (salicis) Salicis extract is used for leukemia, myelodysplasia, and bladder, ovarian and testicular cancers. Also used for cancer prevention. The salicis patient lacks life force and has a generally negative outlook.



They've gone rogue and no longer seem to know that they belong to the body, and as a result, they begin to attack other cells.

At the same time, the fact that cancer cells do belong to the body is what can make cancer so hard to detect. They pass unseen and "unheard" by the body's own immune system, free to wreak havoc and destruction.

"Today one in two people will be diagnosed with cancer," says Winters. "The World Health Organization suggests that by 2040 global cancer rates will double. Why?

"We're more isolated from each other than ever. We're more polarized and judgmental than ever. Like cancer, we're more sociopathic, more 'I don't care about the whole organism' than ever before.

"This is where mistletoe has its biggest benefit. It allows a patient to see and hear themselves in a meaningful way.

"When I put patients on this therapy, it's no surprise if they suddenly walk away from jobs or relationships or friendships that no longer serve them. They start to get their sense of self back."

One reason for this, Winters adds, is that mistletoe allows the body's parasympathetic system to move into vagal tone so it can better receive. "Healing from cancer is an inside job," she says.

"Mistletoe allows for that inside job to be more robust, gentle, invitational, observational. I don't care how spot-on your treatment approach is, no one in sympathetic nervous system mode—in fight or flight—can have that therapy land appropriately and do its job.

"Mistletoe helps the body to receive information, love, healing, herbs, pharmaceuticals, surgery or radiation in a way that doesn't cause further harm. It creates warmth and a level of safety that make healing more possible.

"It allows space for both the patient and the body to meet themselves again, to feel cared for, nurtured, seen and reintroduced back into the tribe," she concludes. "And that's really powerful."

See page 65 for resources that can help you find a mistletoe therapy provider.

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Mistletoe testimonials

Bob

Bob had Stage 4, non-small cell lung cancer (NSCLC), and his scans showed continued progression. Although remissions are rare with NSCLC, he was unfamiliar with alternative healing modalities, and his diet was primarily fast food and processed foods, Bob chose to stop chemotherapy and go the complementary medical route.

His primary treatment was high-dose IV vitamin C (75 g, three times per week for eight weeks) and subcutaneous mistletoe injections every other day. It was followed by IV mistletoe twice weekly for eight weeks, a cycle that was repeated twice.

In addition, he was given nutritional supplements including *Boswellia*, quercetin and green tea extract, and homeopathic Stibium, Plumbum, Formica and liver remedies. He had a severe cough and often coughed up blood, so he also agreed to an experimental protocol with nebulized Helleborus Niger D12 (the homeopathic remedy Christmas rose) daily for eight weeks.

His conventional oncologist supervised the treatment throughout. Six months in, PET and CT scans showed full remission by RECIST (Response Evaluation Criteria in Solid Tumors) standards. He was still cancer-free a year later.

Jane

Jane was diagnosed with poorly differentiated invasive ductal Stage 3 cancer in the right breast. Oncotype scores indicated an aggressive cancer that would benefit from chemotherapy. However, she didn't tolerate chemotherapy well and ended that treatment after four cycles while continuing radiation therapy for 28 days.

Alongside conventional care, Jane was treated with Viscum Mali Series 1, building up to 50 mg subcutaneous injections administered three times per week for three years. She took pregnenolone (an endogenous steroid), calcium D-glucarate, diindolylmethane (DIM, a substance in cruciferous vegetables), vitamin D and an herbal anti-inflammatory product.

During the treatment, she also took steps to "get rid of physical and emotional clutter." The cancer went into remission, and after three years, Jane still showed no sign of disease.

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FIX YOUR BRAIN

An extraordinary protein is the ultimate brain booster, says medical anthropologist Alberto Villoldo. Here's how to raise your level and keep your brain sharp

You won't realize your brain is essentially broken until it's too late to do anything about it. The statistics are not pretty. In the United States, when you reach age 85, you have a 50 percent risk of diagnosable dementia.[1] And when you reach 90, the risk is 75 percent.

It's sobering when you consider that you'll likely live to be 100 or longer. But more sobering is the fact that even if you aren't diagnosed with dementia, if you're over age 30, your aging brain is functioning at a fraction of its potential, overwhelmed by stress and toxins.

After decades of working with Indigenous sages in the Amazon, I discovered the power plants, neuro-nutrients and practices that detoxify and upgrade the brain and slow down what we call "aging."

What we have accepted as normal breakdown that we can't avoid as we grow older is actually a preventable condition—if we upgrade the brain. While we can't live forever, we can expand our minds and our youthful, healthy years far longer than you might have imagined.

Boost your brain with BDNF

The ultimate brain builder might be an extraordinary protein called brain-derived neurotrophic factor (BDNF), which is like mother's milk for stem cells. To upgrade your brain, you want to ensure it has abundant BDNF on board. *Neurotrophic* means BDNF can regenerate brain cells and minimize damage from free-radical activity and inflammation.

BDNF increases protein synthesis in neurons, the ability of brain cells to renew themselves by replacing all their component parts. It supports neurogenesis—the maturation of new neurons—and protects existing neurons from degeneration, making it essential for optimal brain health. Further, it promotes neuroplasticity, the brain's ability to reorganize itself by forming new neural connections.

Deficiencies in BDNF have been linked to psychiatric disorders including depression and schizophrenia and to neurodegenerative diseases like Alzheimer's. The higher-order neural networks facilitated by BDNF allow for creativity, imagination and lifelong learning.

BDNF protects mitochondria and can both shield the hippocampus and help it repair damage. We need it to keep learning, but unfortunately aging causes it to decline, setting us up to grow duller and mentally fossilize as we age.

We might like to think of ourselves as mellowing with age like a fine wine. But too many of us turn into the stereotypical grumpy old man shouting at the kids to get off his lawn, or the old woman bemoaning how her life should have turned out differently.

Of course, we tell ourselves we'll never become that irritable, close-minded person, but too often, we can't exhibit the creative behaviors we swore we would adopt. Kindness and generosity elude us, and old neural networks remain in the driver's seat after years of habitual conduct.

But if we ensure that we have abundant BDNF, we can birth new neurons that override our most primitive fears, negative emotional reactions and damaging fight-or-flight responses.

The need for new neurons

You need new neurons like you need new skin cells, and BDNF helps strengthen the networks that allow us to look at the world in original ways. When our hippocampus is repaired, we can embark on a journey

What is Nrf2?

Nrf2, or nuclear factor erythroid 2–related factor 2 (Nrf2), is the body's master regulator of aging and detoxification. Nrf2 can protect every organ in the body and every kind of tissue against cancer, heart disease, dementia and autoimmune disease. It's one of the most important cellular defense systems, designed to eliminate free radicals and oxidative stress produced by toxins and carcinogens.

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of wonder and awe, with an imaginative and creative attitude toward life.

It's interesting to note that BDNF also regulates energy metabolism in the brain and body, determining how easily we can gain or lose unwanted pounds. Science is still deciphering the complex puzzle of BDNF, and it appears that increasing the protein's production can even cause tumors to shrink.[2]

Daniel Radin and his colleagues at Stony Brook University School of Medicine found that increasing BDNF in the brain has the power to regulate the immune system. It can induce an antitumor response and reduce the activity of proteins that create resistance to chemotherapy.

The way BDNF spurs the growth of stem cells and new neurons in the brain is another amazing example of epigenetics, the study of how our behavior and our environment influence the way our genes function. It turns out we're not only what we eat but also what we think, and our moods and wisdom (and loving relationship with the world) epigenetically determine our health.

This is called the exposome—the sum of what we've been exposed to and experienced throughout our lives. Your exposome includes the way you exercise, the way you love and forgive, your stress level, your microbiome and the toxins in your food and water.

More than 90 percent of your health or illness is determined by your exposome,[3] and it regulates the speed at which you age or remain youthful.

Seven ways to boost BDNF

Fortunately, there are a number of simple ways to boost BNDF. The following are all part of my 10-day Grow a New Brain program (see box, right), which draws on both ancient nutrition and modern scientific discoveries to detoxify and upgrade your brain.

1 Dose up on DHA

We worry so much about the fat around our waists that we forget about the fat in our brains. Brain fat is the good fat we want to keep.

Sixty percent of the brain's dry weight is fat, and one-third of that is pure docosahexaenoic acid (DHA), the omega-3 fatty acid. The retinas in your eyes are mostly DHA, and you need DHA to build the membranes around neurons that permit the transport of essential nutrients into and out of all your cells.

DHA is also an efficient anti-inflammatory, helping extinguish the fire raging inside our brains. Without DHA, our brains can't perform regular maintenance, much less the upgrade that we seek so we can discover solutions to our personal and collective challenges.

DHA regulates the activation of BDNF and activates the Nrf2 pathway—what I call the "Amazon pathway" because it was intuitively discovered by rainforest sages millennia ago. The Nrf2 pathway switches off the genes for disease (see box, page 51).

Eicosapentaenoic acid (EPA) is another omega-3. It has been used as therapy for bipolar disorder and can help prevent coronary heart disease, reduce high triglycerides (fats in the blood) and inflammation, and lower blood pressure. I personally love the vegan version extracted from algae.

So where do we get the DHA that's so important for the brain? In utero, we got it from our mothers, and as infants, we got it through her breast milk (which is nearly 50 percent DHA) or from today's enriched baby formula.

After weaning, however, we may not have gotten the DHA we've needed all the years since. Most of us have brains that are DHA starved.

In the past, dietary sources of DHA and EPA were abundant—the fatty fish our grandparents ate were rich in them—but today, fish are often farm-raised and fattened on a diet of corn. Fish can't make DHA from corn, only from the algae and smaller fish in their natural habitats.

I recommend taking DHA supplements to upgrade your hardware. Your improved brain function will enhance all aspects of your life.

Fortunately, we have the science to show it. The Memory Improvement with Docosahexaenoic Acid Study (MIDAS) looked at the effects of DHA supplementation on older adults' cognitive function.

Researchers recruited 485 adults aged 55–80 years who had mild memory complaints but were otherwise healthy. They randomly assigned them to receive a daily dose of either 900 mg of DHA or a placebo for six months.

The participants' cognitive function was assessed using a battery of tests. Compared to the placebo group, the group that received DHA supplements showed significant improvement in working memory and



How to grow a new brain

My Grow a New Brain program includes key actions to detoxify and upgrade the brain. These are the basics to get you started:

- Shift out of the standard Western diet and into organic eating.
- Avoid or greatly reduce consumption of red meat, dairy, eggs and sugar.
- Get vital nutrients from plants that activate the Nrf2 pathway by consuming broccoli sprouts, coffee, blueberries and green tea.
- Fast overnight, limit eating to a six-to-eight-hour window, and avoid foods that contain sugar.
- Detoxify your kitchen by eliminating junk food, items with ingredients you can't pronounce, sugary foods and drinks, and foods with artificial colors and preservatives.
- Detoxify your body by eliminating dairy, alcohol, hydrogenated oils, sugar, gluten and coffee for 10 days.
- Take a curated selection of supplements (see box, page 55).
- Protect your brain through simple lifestyle activities: exercise, stress reduction, meditation and intellectual challenges.



Brain-boosting beverages

I developed the following recipes with Hyacinth Nadine, a nutritionist and longtime member of my team. These beverages offer a delightful way to nourish your brain by incorporating power plants, including medicinal mushrooms and adaptogens, into your daily routine. They are longevity tonics that promote brain health, energy, focus and stress relief.

Feel free to customize them to suit your taste preferences and dietary needs.

Adaptogenic Brain-Boosting Smoothie

Serves 1



Ingredients

- 1 tsp lion's mane mushroom powder
- ½ tsp *Bacopa monnieri* powder
- ½ avocado
- 1 cup blueberries
- 1 Tbsp chia seeds
- 1 cup almond milk
- 1 Tbsp coconut or MCT oil

Method

In a blender, blend all ingredients until smooth. Pour into a glass and enjoy this nutrient-packed smoothie for enhanced brain function and cognitive support.

BDNF Booster

Serves 1

This tonic's ingredients boost your BDNFs, supporting the creation of new brain cells in the hippocampus. Improve your cognitive function, memory, mood and overall brain resilience while enjoying this tasty tonic.



Ingredients

- 1 cup almond milk, warm
- 2 tsp coconut oil
- ¼ tsp ashwagandha powder
- ¼ tsp curcumin powder
- ¼ tsp ginkgo powder
- ¼ tsp *Rhodiola rosea* powder
- 1–2 tsp honey (optional)

Method

Combine all ingredients in a blender and mix on high speed for 20 seconds. Enjoy in your favorite mug or cup.

executive function (skills such as adaptable thinking, strategic planning and self-control). They also showed improvement in verbal memory and attention. The study concluded that DHA may prevent age-related cognitive decline.[4]

Even more impressive is a study by Dr Martha Morris and her colleagues at the Rush Institute for Health on the power of DHA to protect against Alzheimer's disease (AD).

They enrolled 815 healthy patients (aged 65–94 years) and followed them for nearly four years, at the end of which they found that 131 participants had developed AD. They discovered that participants who consumed fish once per week or more had a 60 percent lower risk of AD than those who rarely or never ate fish.[5]

A meta-analysis of 11 studies with 698 participants found that BDNF levels significantly increased with omega-3 supplementation at doses of 1,500 mg/day.[6] Most Americans consume 60–80 mg of DHA daily, far less than the 200–300 mg each day that's necessary for maintaining even basic brain function.

The dosage I use is closer to 30 times the average consumption—2,000 mg daily. It's the amount you would get from a small portion of wild-caught salmon every night at dinner or a 15-minute "serving" of breast milk from your mother.

Combining omega-3s with B vitamins is a magic formula for increasing BDNF. The combination can enhance cognition in older individuals as demonstrated in the Oxford VITACOG trial,[7] in which participants with high omega-3 levels experienced a 68 percent reduction in brain shrinkage when also treated with B vitamins.

This helps explain the previous failures of nearsighted studies that focused solely on B vitamins or omega-3 fatty acids. It seems that these nutrients' effectiveness depends on having high levels of both (see *WDDTY* October 2024 for more info).

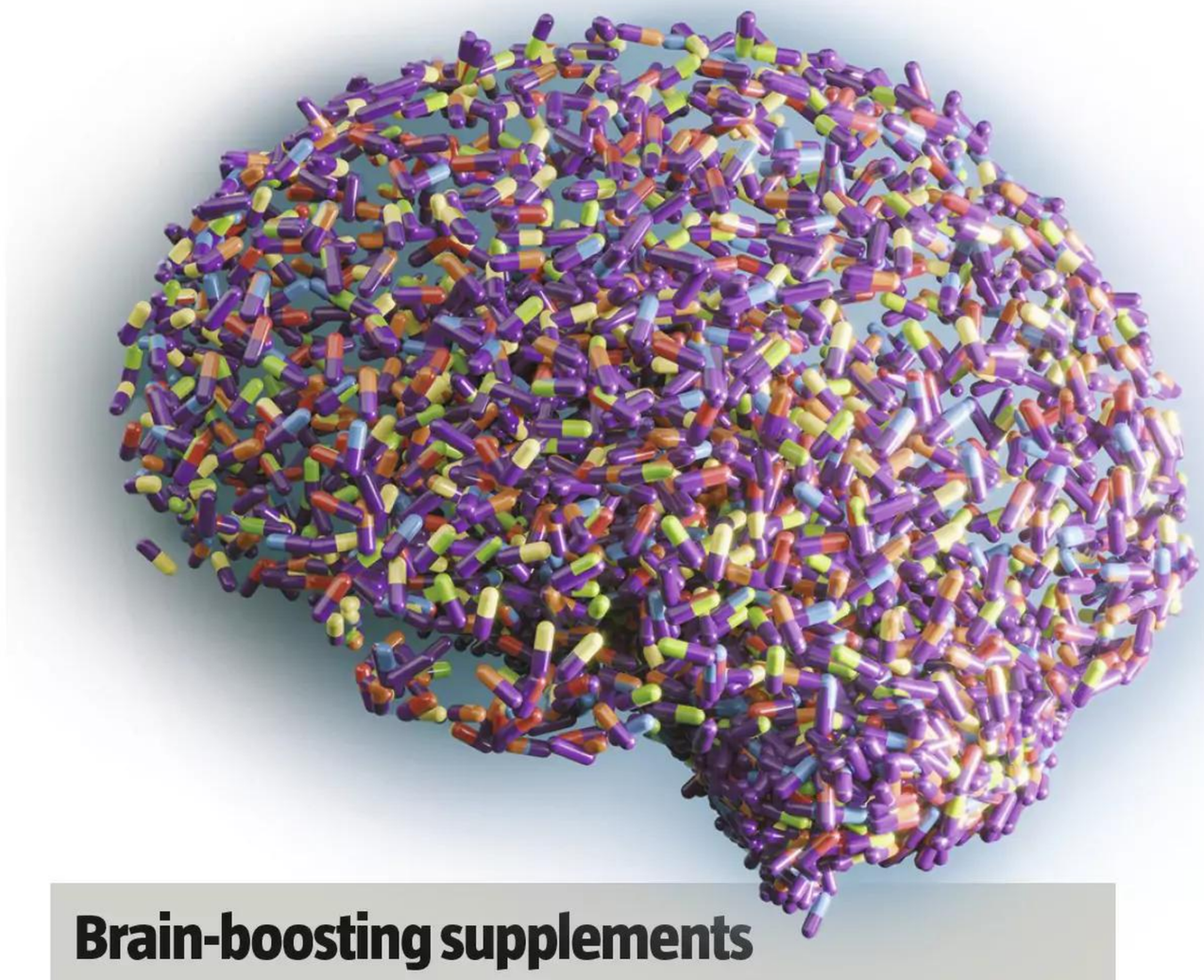


2 Consider curcumin

Curcumin, the main ingredient in the spice turmeric, has been used in traditional Chinese and Indian (Ayurvedic) medicine for thousands of years. It has antioxidant, anti-inflammatory, antifungal and antibacterial properties.

Curcumin's ability to increase BDNF has attracted the interest of neuroscientists because villages in India, where turmeric is used in curry recipes, have only 15 percent of the incidence of AD that the United States does. Could that be because curcumin increases BDNF production?

Curcumin also activates the Nrf2 detoxification pathway (see box, page 51) that silences the genes for



Brain-boosting supplements

Here are the supplements I recommend during and after my Grow a New Brain Program.

During the program

DHA: 2,000 mg daily in the evening, with or without food. Keep refrigerated.

B vitamin complex containing B12: daily in the morning.

Olive oil: extra virgin, organic, use freely on salads and veggies.

Alpha lipoic acid: 600 mg daily, 30 minutes before dinner or on an empty stomach before bed.

MCT oil and coconut oil: 1 tablespoon daily in the morning.

Broccoli sprouts: 20 grams (a small bunch) daily with salad. Chew well. Four or five days on, two days off. Repeat.

Curcumin (from turmeric extract): 250 mg capsule each morning and evening with or without food.

Pterostilbene: 50 mg each morning and evening, with or without food.

Liposomal glutathione: 1,000 mg morning and evening on an empty stomach.

N-acetyl cysteine: 600 mg in the evening with food.

Magnesium citrate: 2,000 mg in the evening before dinner.

Zinc: 50 mg in the evening with or without food.

5-HTP: 100 to 200 mg in the evening with food.

S. boulardii probiotic: 1 tablespoon morning and evening before food (see recipe on YouTube by searching "Villoldo S. boulardii").

After completing the program

Multivitamin with B complex: daily in the morning, with or without food.

Vitamin D3: 10,000 IU daily in the morning with or without food.

DHA: 2,000 mg daily.

Broccoli sprouts: 20 grams (a small bunch) daily for four or five days once per month.

S. boulardii probiotic: daily in the evening, with or without food.

cancer and dementia and protects mitochondria from damage caused by oxidative stress.

Whenever possible, I like to mix curcumin, the plant extract, with the whole plant, turmeric. The plant has many molecules and pathways that work synergistically.

To get a daily dose of curcumin, you can prepare a "golden milk" every evening. Mix ¼ teaspoon curcumin powder plus a dash of turmeric with warm almond milk, honey and a dash of black pepper.



3 Consume brain-boosting mushrooms

Reishi (*Ganoderma lucidum*), called the "mushroom of immortality," is revered in traditional Asian medicine for its health-enhancing properties. Thought to boost the immune response, reishi mushrooms can help the body fend off pathogens.

Reishi reduces stress and promotes mental clarity and relaxation. Its anti-inflammatory and antioxidant properties can reduce the risk of chronic disease and support heart health by balancing blood pressure and cholesterol levels.

It's also known for improving sleep quality and combating fatigue, making it a stellar enhancer of physical health and well-being. By upregulating BDNF and balancing the levels of neurotransmitters in the brain, it plays a key role in regulating your mood.

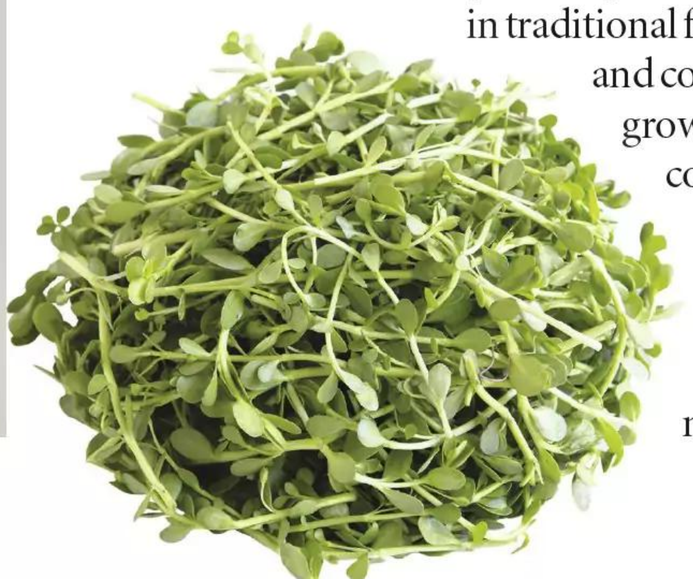
Lion's mane (*Hericium erinaceus*) is a nootropic fungus known for its benefits to brain health and cognitive function. It's rich in molecules that stimulate the production of BDNF and nerve growth factor (NGF), both crucial for the survival of neurons.

This mushroom can enhance cognitive functions, including memory, attention and creativity, and may protect against the development of neurodegenerative diseases. Its anti-inflammatory properties support gut health and the immune system. It's also an antioxidant, reducing oxidative stress and inflammation.

An easy way to take these mushrooms is to buy them in powdered form and mix them into beverages (see page 64 for where to buy them and page 54 for recipes).

4 Try bacopa

Bacopa (*Bacopa monnieri*) has been employed in traditional folk remedies for longevity and cognitive enhancement. It grows in marshy areas on several continents, including Asia and South America, and is a calming cognitive enhancer. Considered a nootropic, bacopa is used in Ayurvedic medicine to improve cognitive





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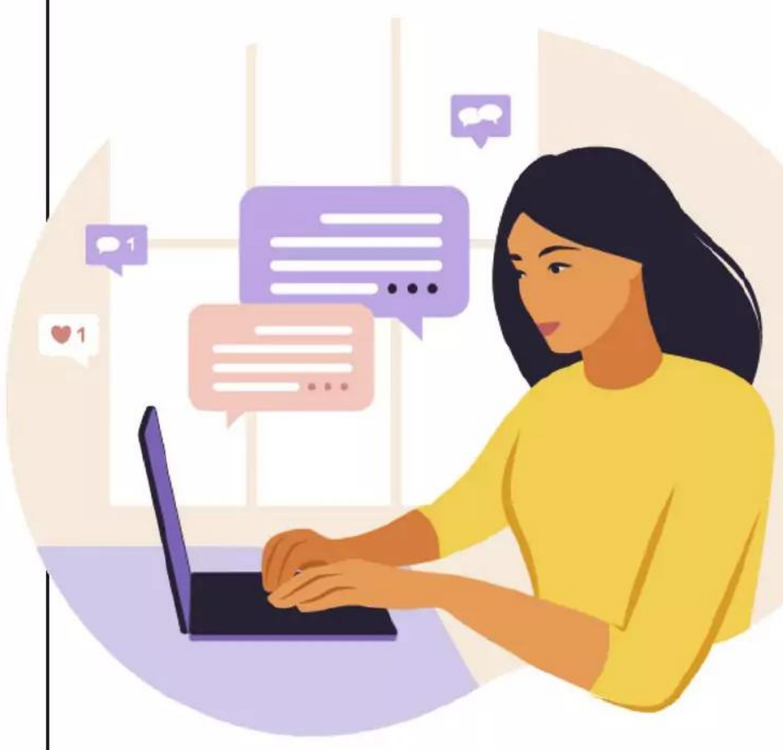
WDDTY proudly presents the launch of its brand-new online community hub. This is going to be an incredible space to connect with like-minded people from all around the world. It consists solely of *WDDTY* subscribers, and you can join the discussion about health queries, treatments and recommendations. It will also serve as a community notice board where you will find updates on *WDDTY* Webinars, Talks and Special Reports.

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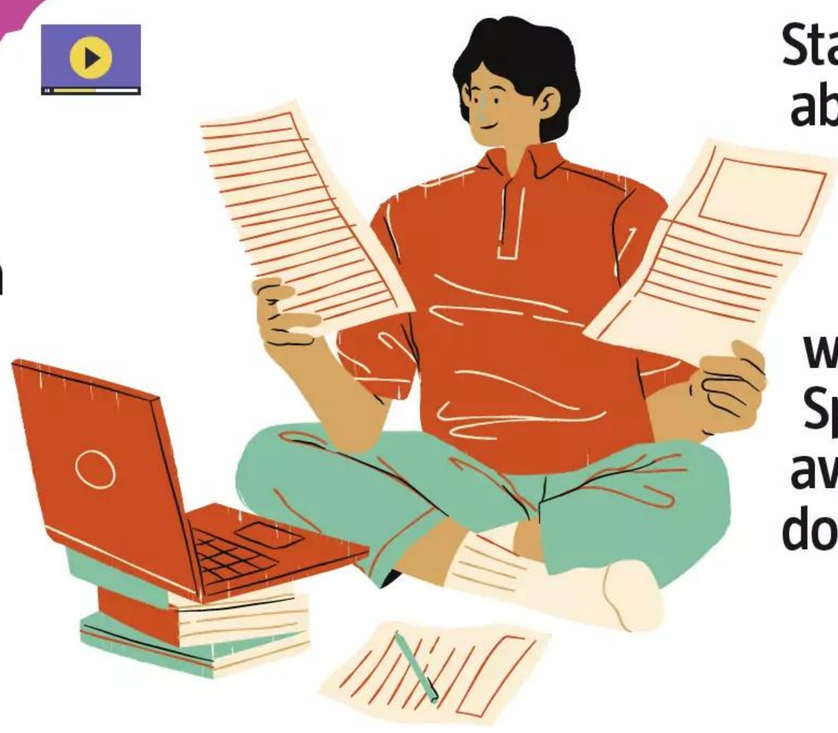




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function and memory, relieve stress and anxiety, and enhance mood. It has antidepressant and anxiolytic effects, reducing cortisol secretion and restoring the dopamine and serotonin depleted during chronic stress.

When laboratory rats exposed to chronic, unpredictable stress were given *B. monnieri*, they began to produce abundant BDNF, resulting in neurogenesis and neuroprotection.[3] Again, take it in powdered form and add it to a variety of beverages.



5 Exercise

Grueling, boring, repetitious exercise increases BDNF, but so does movement you actually enjoy. A study at Harvard University showed that elderly women who exercised were biologically three years younger than the other women in the study and had a 20 percent lower risk of cognitive impairment.[5]

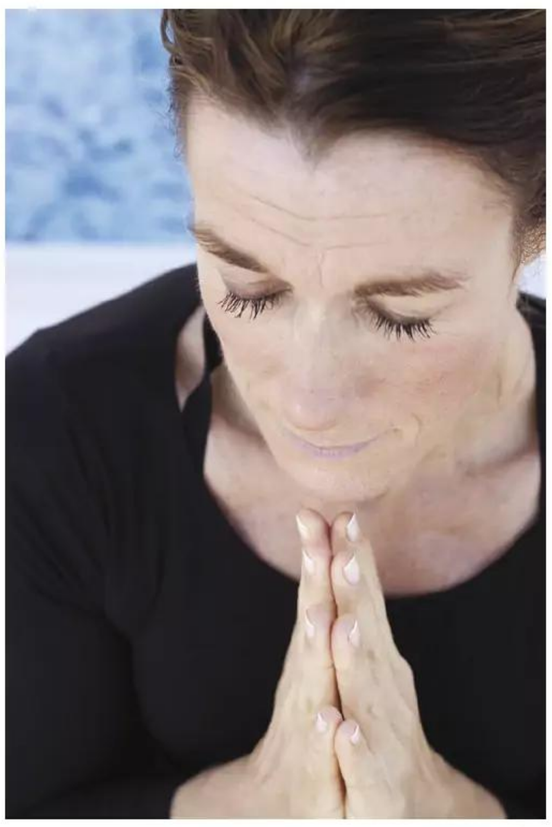
High-intensity interval training (HIIT), like sprinting or running on a treadmill, produces much higher levels of BDNF than low-intensity exercise, like walking.[6][10] Yet both walking and stretching also offer significant improvements in BDNF levels.

The takeaway is to get moving, get active, walk, hike, stretch and engage in some vigorous activity until you are out of breath for a few minutes each day. By doing so, you'll protect your brain for the rest of your life.

My favorite exercise is hiking—we have many hiking trails where we live. I like to do short bursts of faster walking and/or jogging, for 100 steps or so. It's enough to raise my heart rate so I get the benefit of a mini-HIIT exercise protocol.

6 Make time for meditation

In the West, we think of meditation as a relaxation practice used primarily for de-stressing. Indeed, it has these benefits, but it has others, too. Seeing meditation as only a stress buster is like thinking the sole benefit of jogging is to learn how to get to places faster.



Think of meditation as flexing the muscles of the brain. We exercise every other part of our body through movement. We exercise the brain through stillness, and meditation is the equivalent of HIIT for the mind. Best of all, it increases BDNF production as much as or more than any other exercise.

Even among AD patients, the disease progresses slower in those who have meditation practices, probably due to increased BDNF production.

David Perlmutter, MD, and I reached this conclusion, which we wrote about in our book *Power Up Your Brain*: "Meditation helps us visit the complex environment of the inner mind as well as the universal energy field. And, not surprisingly, this might well be the most powerful stimulant for BDNF production."

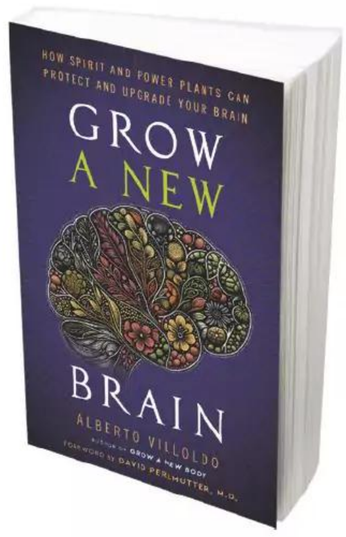
7 Stimulate your brain

There seems to be a direct relationship between educational level and risk of AD: The higher your education level, the lower your risk. AD typically begins 20–30 years before you're diagnosed, and prevention needs to begin decades earlier as well.

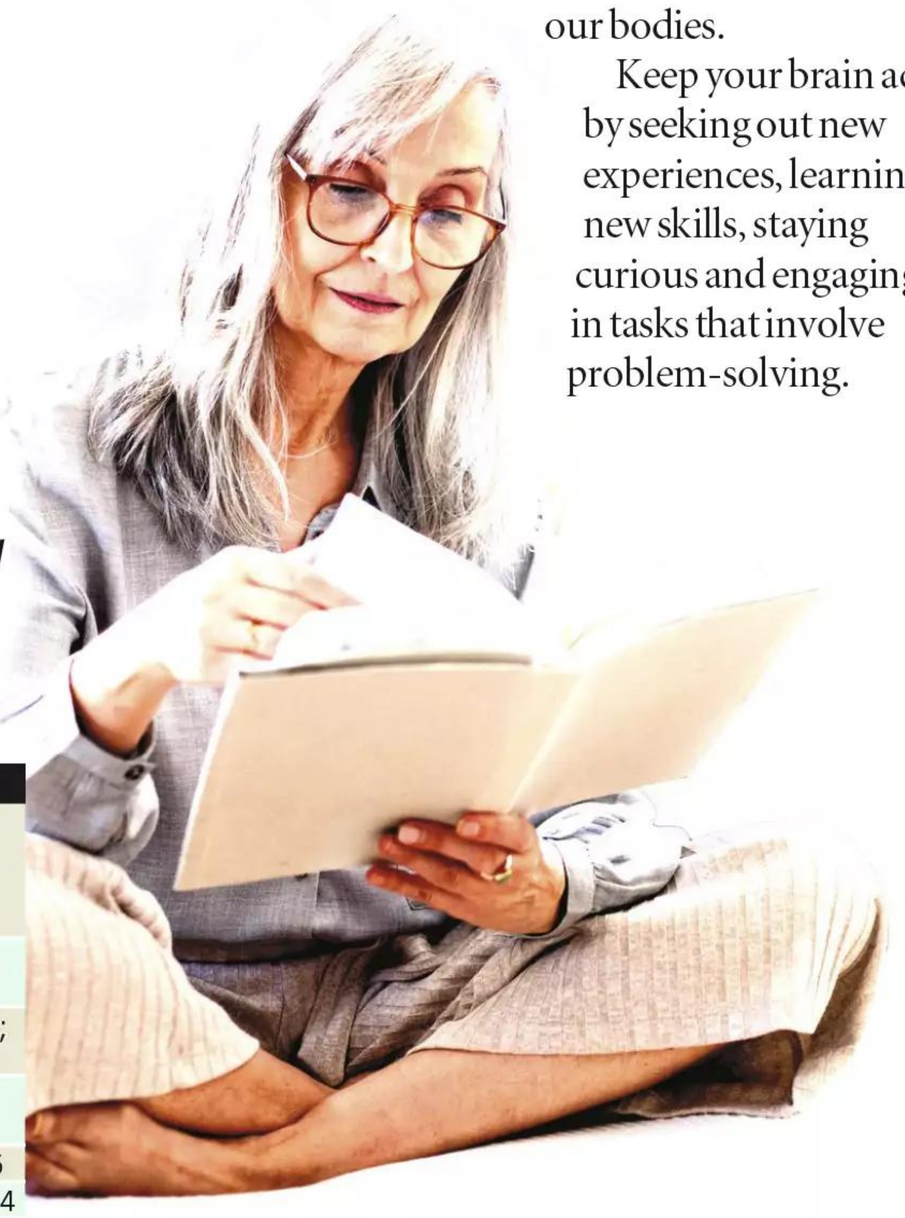
Taking a daily dose of DHA is one of the best investments you can make. But you can also seek intellectual stimulation—especially important now that we are outsourcing our brains to our digital devices.

For example, we don't use maps anymore (we have GPS— remember using a map to navigate?), and we don't have to remember telephone numbers or directions. To replace these everyday brain workouts, we need to find ways to exercise our brains as much as or more than we exercise our bodies.

Keep your brain active by seeking out new experiences, learning new skills, staying curious and engaging in tasks that involve problem-solving.



Adapted from *Grow a New Brain: How Spirit and Power Plants Can Protect and Upgrade Your Brain* by Alberto Villoldo (Hay House, 2024)



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Saving your thymus

The thymus gland plays an essential role in immunity and cancer prevention, says Dr Leigh Erin Connealy. Here's how to look after yours

What if I told you that a small gland located behind your breastbone may be responsible for healthful aging and protection against cancer and other chronic illnesses? Or that, until recently, doctors didn't see the usefulness of this gland past adolescence, so it was routinely cut out and discarded during cardiovascular surgeries because it was "in the way"?

This seemingly unassuming gland is called the thymus, and the collective medical field is slowly realizing its crucial role in longevity, immunity and healthy human function.

About the immune system

An optimally functioning immune system is critical for preventing disease and helping the body fight off foreign invaders, including pathogens like viruses, fungi, bacteria and cancer. Made up of various cells, tissues, organs and systems, it is far more complex than most people realize.

Aside from the well-known players like white blood cells and lymph nodes, the immune system involves other organs like the spleen, tonsils and adenoids, bone marrow, and thymus gland. These organs and systems work together to seek and destroy pathogens that can negatively impact your health.

The immune system has two jobs: it must fight off foreign invaders while ensuring the attack doesn't mistakenly turn against the body's own healthy cells (autoimmunity). In cancer, this becomes particularly difficult because cancer cells start out as healthy cells, then mutate and multiply into malignant ones that the body sometimes has trouble recognizing.

The immune system must remain constantly vigilant, and we have to do everything we can to support, nurture and bolster it if we want to stay healthy and disease-free.

Immunosenescence

To add insult to injury, we must factor in the diminished immune function that occurs naturally with age. This process, called immunosenescence, makes us more susceptible to infections and chronic diseases.

Immunosenescence slows or interferes with the body's normal immune response. Typically, we fight infections with a slew of natural killer cells, T cells, macrophages and the like. However, issues arise when age and declining immune system function come into play.

The thymus gland

One of the most significant implications of immunosenescence is the deterioration of the thymus gland. This small, two-lobed organ plays a big role in immune health. The thymus is responsible for producing and maturing T cells and helping the body recognize and distinguish between normal cells and potential pathogens, such as bacteria and cancer cells.

This gland is largest in infants, peaks in function during adolescence and quickly declines in size, structure and function as we age. Lymphatic (thymic) tissue steadily decreases by about 5 percent per year during the first decade of life.

Between 25 and 40 years of age, this tissue decline continues, and fatty atrophy of the thymus begins. In older adults, the thymus eventually turns translucent as it is comprised almost entirely of fat. And when this happens, immune function is impaired.[1]

See the box on page 61 for other factors that can affect thymus function.

Cancer and thymus function

Research continues to emerge regarding the vital role the thymus plays in immunity and cancer prevention. In an eye-opening study published recently in the *New England Journal of Medicine*, researchers revealed that patients who underwent a thymectomy (surgical removal of the thymus) had twice the risk of developing cancer within five years.

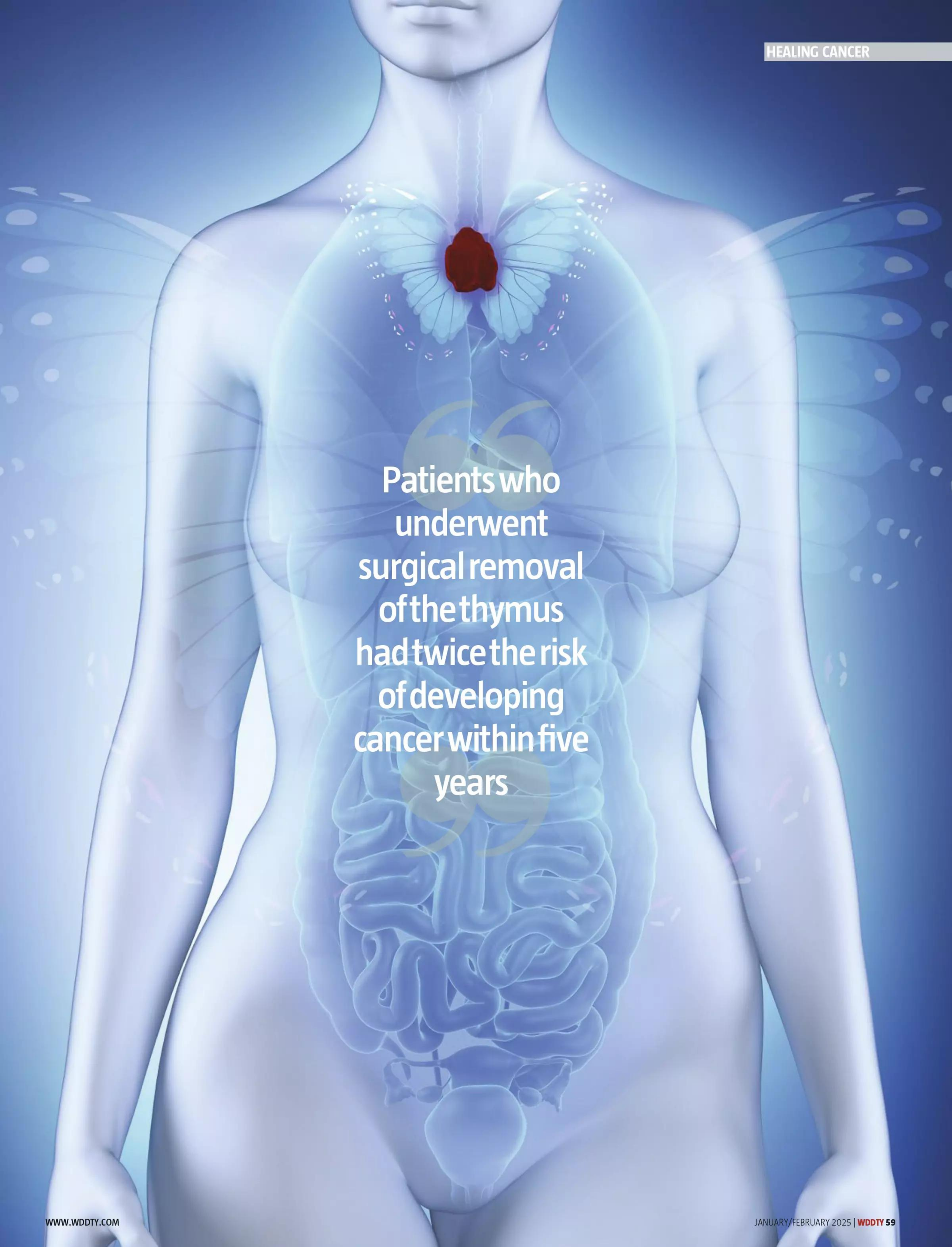
These patients' risk of all-cause mortality nearly tripled as well. The study's authors concluded that thymectomy also seemed to raise the risk of autoimmune disease in patients who didn't already have an infection, cancer or an autoimmune disease.[2]

Other studies have linked thymic decline and immunosenescence to several specific cancer types:[3]

- Lymphomas
- Leukemias
- Plasma cell neoplasms
- Lung cancer
- Liver cancer (75 percent higher risk)
- Gastrointestinal tumors
- Colorectal cancer
- Bladder cancer
- Kidney cancer

How to bolster thymic function

Fortunately, we can take several steps to maintain and restore our thymic function and to improve our chances



Patients who underwent surgical removal of the thymus had twice the risk of developing cancer within five years

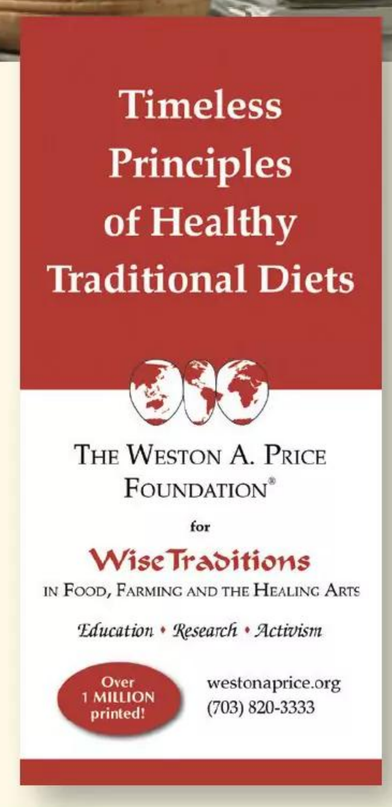
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of warding off infections and chronic diseases like cancer.

The typical pillars of good health apply. Start with a nutrient-rich diet filled with protein, healthy fats and low-glycemic produce, and free of added sugars and simple carbohydrates. Practice proper sleep hygiene and get regular physical activity and adequate hydration.

The following modalities have also been shown to boost the thymus gland's health and function, improving our overall immunity.

Thymus extracts

Used for centuries in Chinese and European medicine, thymus extracts boast multiple health benefits, including fighting infections, healing wounds rapidly, decreasing inflammation and inhibiting cancer cell proliferation.

Most often derived from calf thymus, Thymic Protein A (TPA) has antiviral and immune-modulating effects. These extracts can be taken as supplements to improve thymus function and support overall immune health.

Suggested dosage: Use as directed by a practitioner or on the product label

Thymus injectables

Another option is live-cell thymus injections. This therapy is helpful for balancing the immune response.

A treatment course usually involves intramuscular injections administered over several days, aiming to prime and stimulate the immune system. Often used in conjunction with spleen extracts, these injectables are designed to repair and rebuild the immune system.

Thymus and spleen injectables must be ordered from regulated European laboratories and dispensed and used by a well-versed medical practitioner. You can find a physician familiar with this modality via the American College for Advancement in Medicine (acam.org) or the Institute for Functional Medicine (ifm.org). Or consider coming to see us at the Cancer Center for Healing.

Herbal remedies

Huang-qi (*Astragalus membranaceous*) is an adaptogenic herb with powerful anti-inflammatory and antioxidant properties. Used as a traditional Chinese remedy since ancient times, its purported health benefits include prevention of respiratory illnesses and infections, hepatoprotective properties and lower blood pressure, to name just a few.

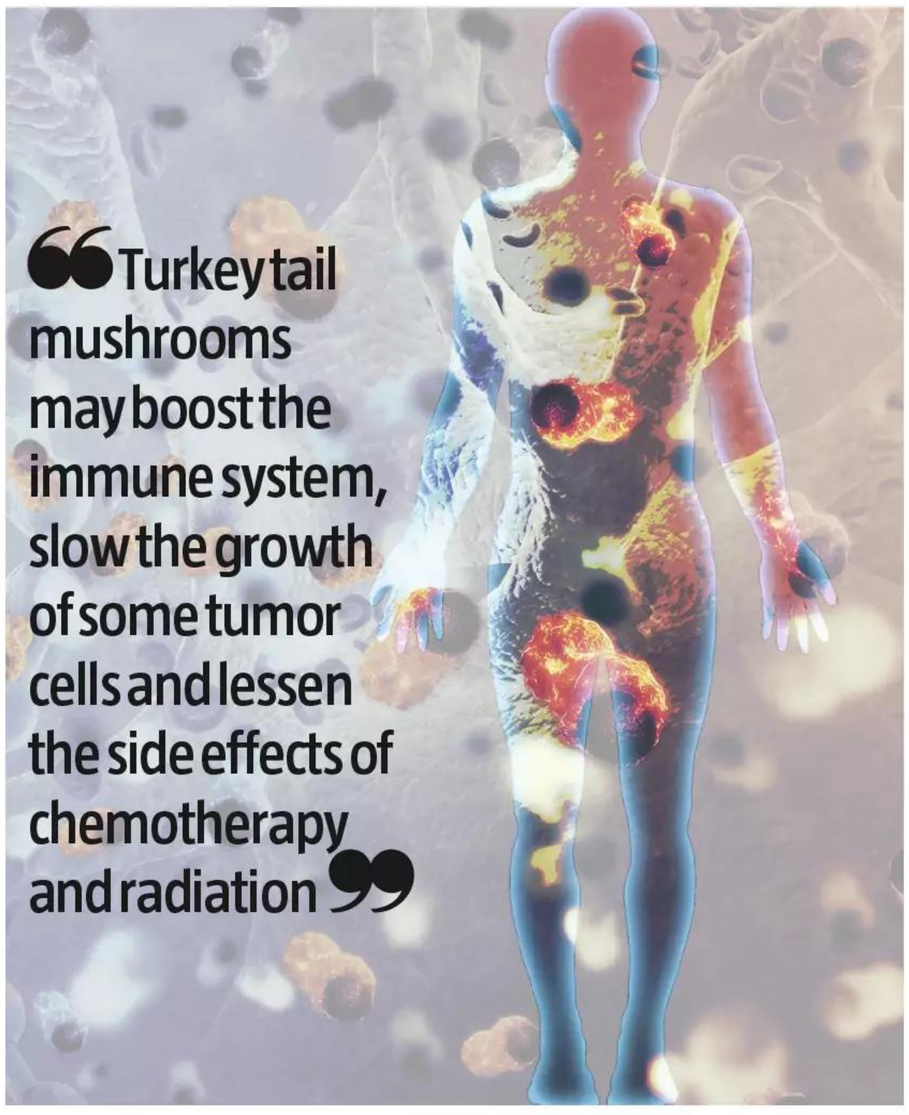
Suggested dosage: Use as directed by a practitioner or on the product label

Turkey tail mushrooms (*Coriolus versicolor*) are a great option for overall immune support. Another remedy used for thousands of years in Chinese medicine, they have been recognized by the National Cancer Institute to potentially "boost the immune system, slow the growth of some tumor cells and lessen the side effects of chemotherapy and radiation therapy."

Suggested dosage: Use as directed by a practitioner or on the product label

Factors that can negatively impact thymic function

- Aging
- Metabolic syndrome
- Lack of physical activity
- Sleep disorders
- Burns, injuries, surgical operations and other traumas
- Fatigue, chronic stress and airplane travel
- Excessive intake of alcohol
- Tobacco use
- Pharmaceuticals such as specific chemotherapy agents, steroids and antibiotics
- Radiation therapy



Growth hormone

Human growth hormone (HGH) may also be key to retaining and improving thymic function. HGH is a natural hormone produced by the pituitary gland. Similar to the function of the thymus, levels of this hormone increase throughout childhood and peak during adolescence. HGH is crucial to growth (height), metabolism and normal body structure. It may also be key to retaining and maintaining thymic function.

I do not recommend supplementing with HGH supplements as they can be costly and potentially ineffective. There are, however, several ways to increase HGH naturally.

HIIT workouts High-intensity interval training (HIIT) involves several rounds of short, fast, intense activity interspersed with quick periods of rest or low-intensity recovery periods. This type of training keeps the heart rate elevated throughout the workout and provides multiple health benefits.

HIIT workouts can be done while running, using your body weight for resistance training (lunges, squats, burpees, etc.), or attending classes at a gym or online. Aim for a minimum of 150 minutes of exercise per week total, and try incorporating HIIT workouts two to three times weekly.

Infrared sauna therapy Infrared sauna is a powerful therapy that benefits countless health conditions and improves health overall. I use my infrared sauna most days of the week, as it's one of my favorite detoxification and all-around therapies. Additionally, multiple studies confirm that regular sauna use can naturally increase HGH levels.

The brand I use and recommend is Health Mate (healthmatesauna.com). The company's saunas are low-EMF emitting and backed by decades of research and third-party testing. Good portable infrared saunas are also available from Firzone (firzone.co.uk) and Durherm (durherm.com).

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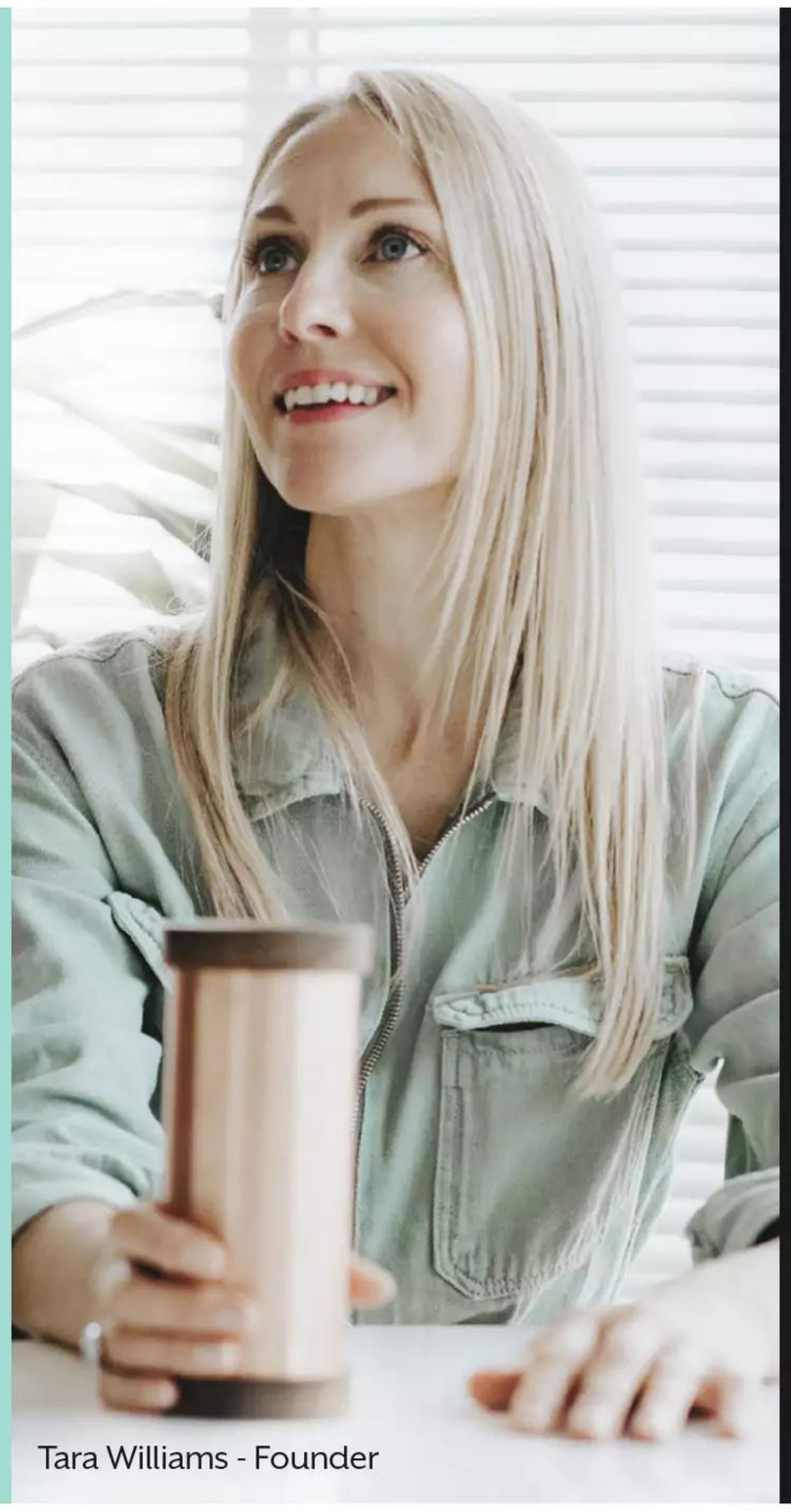
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Be aware that some conditions are contraindicated in hyperthermia (heat-related) therapies, so talk to your doctor to ensure sauna therapy is appropriate for you.

Intermittent fasting During fasting and intermittent fasting, the production of human growth hormone increases significantly. Since prolonged fasting is not feasible or desirable for most people, forgoing food for a minimum of 12 hours daily is a good option.

Try regularly not eating between 8:00 p.m. and 8:00 a.m. the following day or, even better, hold off on breaking your fast until 10:00 a.m. or noon. In addition to your HGH levels, your metabolism and blood sugar levels should improve.

Whole-body vibrational training Whole-body vibrational (WBV) training on a device such as the PowerPlate boasts a multitude of health benefits. Along with naturally boosting HGH production, this type of training stimulates the entire muscular and skeletal system, increasing mobility, strength, balance and flexibility.

WBV exercise is excellent for improving bone density, too, which also decreases with age. Try starting with 15 minutes a day, three times a week.

Search wddty.com for more information about these methods.

Supplements for overall immunity

Supporting immune function overall is also imperative. Daily supplements to add to your arsenal include the usual suspects: vitamins A, C and D3 along with immune-boosting zinc.

You'll also want to make sure you're taking a high-quality probiotic. Scores of studies in recent years have revealed the integral link between a healthy, diverse gut microbiome and optimal immune system function.

These immune must-haves, as well as the supplements mentioned above, are readily available in health food stores and online, including on my website, perfectlyhealthy.com. Choose well-respected and reputable brands to ensure quality and efficacy.

Suggested dosages

Vitamin A: 7.5 mg three times weekly

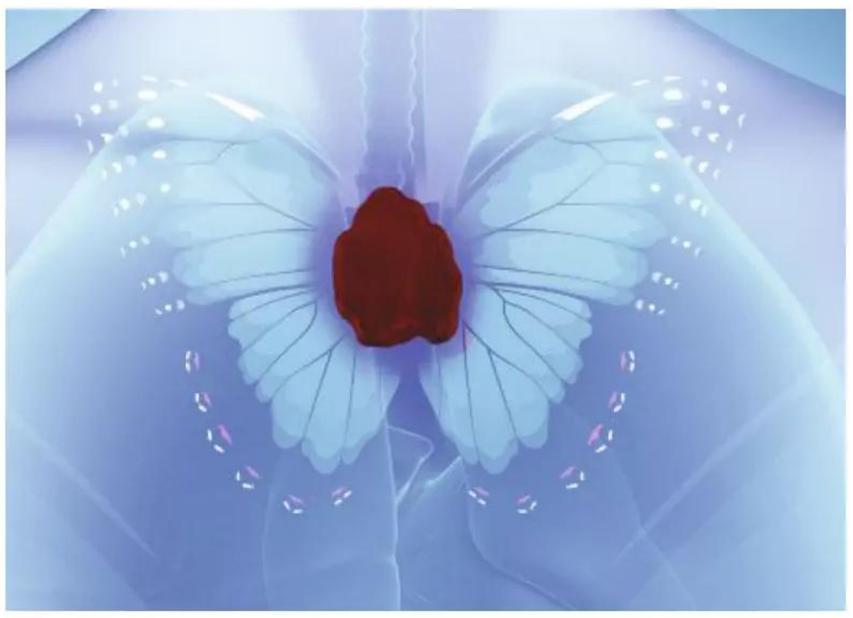
Vitamin C: Start with 2,000 mg daily and increase gradually until you experience a runny bowel movement (called a C-flush); the dosage just before the C-flush occurs is your ideal dosage

Is your thymus functioning properly?

A recent article by prominent health and wellness advocate Joseph Mercola, DO, noted that while there are no tests designed specifically to determine thymic gland function, low levels of B and T lymphocytes could indicate thymus issues.[1] These are some common symptoms linked to low thymic function:

- Increased susceptibility to common colds and influenza
- Ongoing chronic illnesses with nonspecific symptomology
- Constant fatigue or tendency to easily become fatigued
- Impaired or prolonged wound healing
- Indications of premature or accelerated aging

If any of these symptoms are persistent, consider bolstering your thymus gland function with the therapies I've suggested in this article.



REFERENCE

1 Joseph Mercola, "Could Your Thymus Be the Key to Fighting Cancer?," Dec 22, 2023, articles.mercola.com

Vitamin D3: Get your blood tested and aim for a level of 50–70 ng/mL; most people need 5,000–15,000 IUs daily to reach the therapeutic range

Zinc: 10 mg daily

The future of thymic regeneration

My friend and colleague, Patrick E Sewell, MD, is a pioneer and innovator in the immunotherapy and gene therapy fields. An advanced interventional oncologist, Dr Sewell has spent decades researching and testing these targeted therapies for health, longevity and cancer prevention. His company, TriplHelix, currently offers more than 130 gene therapies and is working to develop a treatment to restore thymic function.

Dr Sewell explains, "A pivotal study showed that increasing the transcription factor FOXN1 can substantially reverse thymic involution [in mice], rebuilding the thymic cell structure and function as well as glandular output of properly trained T cells.[4]

"At triplhelix.com, we are on track to deliver our thymic gland rejuvenation gene therapy in early 2025. This will be a multi-gene therapy designed to restore a person's thymus gland to the equivalent age function level of a 25-year-old.

"I expect to see all the benefits of thymic gland function to return to the treated patients, thereby reducing age-related cancers and illnesses as well as increasing a patient's health span."

Until gene therapy for thymic rejuvenation is readily available, you can employ the recommendations I've discussed here. They will boost your thymus gland function and give your immune system the best possible chance of keeping cancer and other diseases at bay and engendering optimal health.

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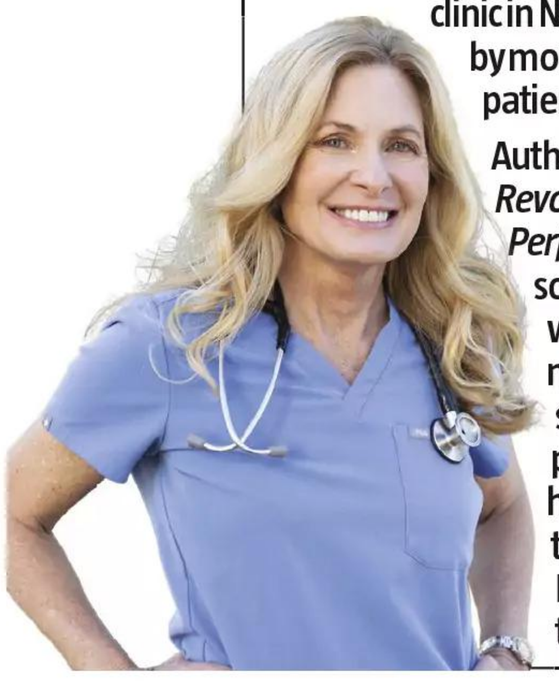
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4 Development, 2014; 141(8): 1627–37

Leigh Erin Connealy, MD, is the medical director of the Cancer Center for Healing and the Center for New Medicine in Irvine, California. Dr Connealy's multidisciplinary treatment protocols, team of healthcare professionals, and holistic approach to health and healing have made the Centers the largest integrative/functional medicine clinic in North America, visited by more than 70,000 patients worldwide.



Author of *The Cancer Revolution* and *Be Perfectly Healthy* and a sought-after speaker who has appeared on numerous TV and radio shows, webinars and podcasts, Dr Connealy has been named one of the Top Functional & Integrative Doctors in the US.

HEALTHY SHOPPING

Joanna Evans shares her top protein powder picks, what to look for in a functional mushroom powder and how to find a mistletoe therapy provider near you



Protein powder picks

Protein powders are a convenient way to up your daily protein intake, which is important for boosting your metabolism and building lean muscle (see Marcelle Pick's column, page 36), as well as for ensuring healthy bones (see *WDDTY* December 2024). They can be especially helpful if you don't eat meat and struggle to get enough protein from plant foods.

But protein powders are often packed with not-so-healthy ingredients. Sugar, sweeteners, fillers, bulking agents, artificial flavors and additives are a few examples. So it's vital to pick your powder carefully. Make sure you check the ingredients label and look for pure, natural ingredients with no nasty extras.

Also check how much protein you'll be getting per serving and whether the protein is "complete"—in other words, whether it supplies the nine essential amino acids you need from your diet.

To save you the hard work, here's a handful of all-natural, junk-free protein powders with no added sugar or artificial sweeteners, all supplying complete protein. Bear in mind that whey protein powders are dairy-based, so if you're looking for a vegan option, go for one of the plant-based products.

Purition

Whey Protein Concentrate, $15/£9 (200 g)

US: victoriahealth.com

UK: purition.co.uk

Purition offers a great range of plain protein powders, each containing just one or two ingredients. All are 100 percent natural and provide all nine essential amino acids—as well as branched-chain amino acids (BCAAs). They are unsweetened, unflavored and completely free of artificial extras.

This Whey Protein Concentrate is produced from grass-fed cows and twice filtered. It provides 21 g of protein per 25 g serving and has a smooth and creamy taste, so it's ideal for blending with porridge, yogurt or whatever milk you want.

If you're looking for a vegan option, try Purition's hemp, pea or sunflower protein powders.

The Organic Protein Company

Banana & Lucuma Organic Whey Protein, £26 (600 g)

theorganicproteincompany.co.uk

International shipping available

This additive-free powder is an excellent option if you're looking for a flavored protein powder. It provides 16 g of complete protein per 37.5 g serving and consists of cold-filtered organic whey protein with real dried organic banana and organic lucuma fruit to add some natural sweetness.

It's certified organic by the Organic Food Federation and has been tested for nutritional content as well as for the presence of heavy metals (test certificates are available to view on the brand's website).

An unflavored version is also available, containing just organic whey protein concentrate. There are two other flavored options as well, Madagascan Vanilla and Raw Cacao & Maca. However, these contain added sugar (albeit unrefined coconut sugar).

Sprout Living

Organic Pumpkin Seed Protein, $32.95/£42.99 (1 lb / 456 g)

US: sproutliving.com

UK: healf.com

Supplying 20 g of complete protein per 30 g serving, this pure product contains just pumpkin seed powder, with nothing else added, and is certified USDA Organic. Made by cold-pressing organic, non-GMO pumpkin seeds from Central America, it has a mild, nutty flavor and is packed with essential nutrients including zinc, magnesium and omega-3s.

Sprout Living's two other single-ingredient plant protein powders—Organic Pea Protein and Organic Sunflower Seed Protein—are also good options, and all are certified vegan and free of gluten, grains and soy.

Garden of Life

Raw Organic Protein Powder, Unflavored, $40.79/£35.24 (19.75 oz / 560g)

US: gardenoflife.com

UK: everyhealth.com

This unflavored, unsweetened, plant-based protein powder provides 22 g of complete protein per 28 g serving—along with 4 g of BCAAs—from 14 raw organic sprouts, including amaranth, buckwheat, lentil, garbanzo bean, chia seed, pumpkin seed, sesame seed and sunflower seed sprouts.

It also contains a raw probiotic, prebiotic and enzyme blend for an extra healthy boost. It's certified organic by the USDA and verified by the Non-GMO Project, and its neutral taste means it can blend well with smoothies, porridge and other foods and drinks.

Functional mushroom powders

In "Fix Your Brain" (page 50), Alberto Villoldo recommends supplementing with powdered functional mushrooms—specifically reishi and lion's mane—to help boost your brain power. Using these mushrooms in powdered form means you can easily add them to smoothies or other drinks for a daily brain tonic.

Here are a few things to look out for when choosing a functional mushroom powder as well as some brands to try.

Form Look for products that use the fruiting bodies of the mushrooms (the actual mushrooms themselves), not just the mycelium.

Organic certification Go for organic products whenever possible to avoid consuming pesticides and other potentially harmful chemicals.

Purity Opt for brands that test their products for heavy metals, mycotoxins and other contaminants. Those that are both organic and third-party lab tested are good choices.

Also check the ingredients list to make sure the powder is free of fillers, binders and other unnecessary additives.

Potency Look for products with verified levels of key mushroom compounds, such as beta-glucans.

Mushrooms grown on wood or wild-harvested The exception is *Cordyceps*, which naturally grows on insects, not wood. Lab-grown *Cordyceps* is therefore often recommended for humanitarian and sustainability reasons.

Sustainability Look for manufacturers who are transparent about the farming and harvesting practices they use.

Brands to try

Here are a few brands offering pure, organic functional mushroom powders, including reishi and lion's mane powders.

Mushroom Revival
mushroomrevival.com
International shipping available

Real Mushrooms
US: shop.realmushrooms.com
UK: uk.iherb.com

Indigo Herbs
indigo-herbs.co.uk
International shipping available

Erbology
US: erbology.co/us
UK: erbology.co





Where to get mistletoe therapy

In "Not Just for Christmas" (page 42), Cate Montana explores mistletoe therapy as a promising alternative treatment for cancer. Here are some resources for finding a mistletoe therapy provider.

UK

Mistletoe Therapy UK

mistletoetherapy.org.uk

Founded by patients along with their families and friends, Mistletoe Therapy UK aims to support the availability of mistletoe therapy as part of an integrated approach to cancer care. Click on the Centres tab on the website to find a center offering mistletoe therapy near you.

US and UK

Yes to Life

yestolife.org.uk

The UK's integrative cancer care charity has an international "Life Directory" that allows you to search for an integrative care provider or a specific therapy, including mistletoe therapy, near you.

Believe Big

believebig.org

Check out the website's Resources section for tips on finding an integrative practitioner and a database of integrative practitioners around the world, many of whom offer mistletoe therapy. You'll need to visit the websites listed to see whether a particular practitioner or clinic offers mistletoe therapy, or use the contact information provided.

Also see the *WDDTY* September 2024 issue for a list of individual clinics offering mistletoe therapy along with other integrative treatments for cancer.

No light escapes from the collapsed Big Cancer star

Of black holes and cancer

Bryan Hubbard

As all you astrophysicists know, a black hole is a collapsed star that emits no light. It can be hard to get your head around such an extraordinary concept of space and time, so here's a real-life example to help you: It's like the cancer industry.

The gravitational forces of conventional medicine combine to ensure that no light escapes Big Cancer: no hope, no alternatives, no new ways to treat. These forces include doctors, their regulators, the drug industry and, in the UK, the Cancer Act, which blocks anyone from marketing any cancer therapy. Those who breach its strict code get a criminal record and could end up behind bars.

A team at University of Iowa Health Care has been battling these forces for 20 years. They've been exploring high-dose vitamin C as an effective cancer therapy that also, by the way, doesn't bring on the life-destroying effects of chemotherapy.

Other researchers also looked at the vitamin and declared it didn't work, but the Iowa team was one of the first to discover that it had to be given intravenously (IV) and not orally. With the IV route, high levels of the vitamin reach the blood, and this causes chemical reactions in cancer cells that make them more vulnerable to chemo.

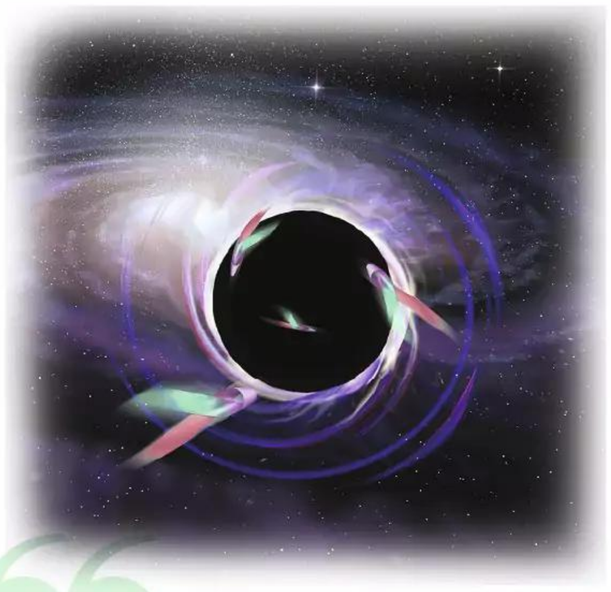
The Iowa team has been pulling its punches, but advisedly so. It's been getting its funding from the National Cancer Institute, which won't support any research that eschews chemotherapy entirely, but *WDDTY* has gathered plenty of evidence down the years that shows the vitamin itself is doing the heavy lifting.

The Iowans have brought out a new study in recent months that shows the vitamin doubles the life expectancy of people who are fighting late-stage pancreatic cancer that has spread.[1]

Usually the patient has a life expectancy of just eight months, but this doubles if high-dose vitamin C is given alongside chemotherapy. The researchers tested it on 34 patients with stage 4 metastatic pancreatic cancer, giving them either standard chemotherapy or chemotherapy and high-dose IV vitamin C.

The trial was such a success that the researchers ended it early and put everyone on the vitamin C drip.

"When we started the trial, we thought it would be a success if we got to 12 months' survival, but we doubled overall survival to 16 months. The results were so strong in showing the benefit of this therapy for patient survival that we were able to stop the trial early," said Dr Joe Cullen, one of the researchers.



He kept his work under the radar, and you'd have to know someone who knew someone else who knew the person who had eaten at his local pub to know what he was up to

Dr Cullen admits it's been a bumpy road for his research team, who have met with continual scorn and skepticism from oncologists and others in the medical establishment. The bodies that regulate doctors and treatments make sure only the brave waver from the one true path of chemotherapy and radiation.

One who did was Dr Patrick Kingsley, a UK doctor who operated from his clinic in a tiny village in Leicestershire. Despite the clinic's inaccessibility, thousands of people with late-stage cancers traveled from all over the world to find it and be treated by Dr Kingsley, whose main therapy was—yes, you guessed it—high-dose vitamin C, given intravenously. Doses varied but were usually around 10 g each time.

Dr Kingsley knew he was a last resort for many of his patients, but he lost surprisingly few of them. He kept doing his work under the radar, and you'd have to know someone who knew someone else who knew the person who had eaten at his local pub to know what he was up to.

Despite his success, the boot boys from the General Medical Council, the regulatory body for UK doctors, wanted to shut him down. They gave him two options: Pack up treating cancer patients or lose your license to practice as a doctor.

Not surprisingly, the goon squad didn't say, "Wow, it's amazing you've lost so few end-stage cancer patients. Do tell us what you're doing; our bosses would love to roll this out to all doctors."

Dr Kingsley took the road more often traveled, closed his clinic and stopped seeing cancer patients. Such are the gravitational forces of Big Cancer.

REFERENCES

1 Redox Biol, 2024; 77: 103375

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