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[1] In the U.S., among professional supplement brands surveyed, Nutrition Business Journal® 2016, 2020, 2023 [2] In the U.S., among practitioners and brands surveyed, The Institute for Functional Medicine® 2017

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Editors
Lynne McTaggart and Bryan Hubbard

COMMENT

SEEING THE LIGHT

After a torrid summer, with renewed warnings about sunlight and cancer, and the need for suncream to block out ultraviolet (UV) rays, the latest medical research suggests UV light may actually be an amazing healer. It was well known and used in the 1950s but then largely discarded with the rise (and rise) of the pharmaceutical industry.

The effectiveness of UV light all has to do with the fact that the body produces light and uses it as a communication system beyond chemistry and electrical signaling.

Its discovery occurred 55 years ago by Fritz-Albert Popp, a young theoretical biophysicist at the University of Marburg in Germany. He'd been illuminating benzo[a]pyrene, a polycyclic hydrocarbon known to be one of the most lethal carcinogens to humans, with ultraviolet light.

What he discovered was that benzo[a]pyrene had a crazy optical property. It absorbed the light but then changed its frequency before re-emitting it, like a CIA operative intercepting a communication signal from the enemy and jumbling it up.

Popp then performed the same test on benzo[e]pyrene, another polycyclic hydrocarbon, which is virtually identical in every way to benzo[a]pyrene save for a tiny alteration in its molecular makeup. This minuscule difference in one of the compound rings was critical as it rendered benzo[e]pyrene harmless to humans. With this particular chemical, the light passed right through unaltered.

Popp tested 37 other chemicals, only some of which were known to cause cancer. Eventually he could detect carcinogenic substances based only on his test results. All of these compounds absorbed UV light and then changed its frequency. But the carcinogens reacted to light only at a specific frequency—380 nanometers (nm) in the UVA band.

Popp then encountered information about another light phenomenon called "photo-repair."

It's well known from biological laboratory experiments that if you blast a cell with UV light so that 99 percent of the cell, including its DNA, is destroyed, you can then almost entirely repair the damage in a single day just by illuminating the cell with the same wavelength of a very weak intensity.

> "All living things emit a constant tiny current of photons—particles of light"

Popp also knew that patients with a skin condition called xeroderma pigmentosum eventually die of skin cancer because their photo-repair system doesn't work and so doesn't repair solar damage. He was shocked to learn photo-repair works most efficiently at 380 nm—the very same frequency the cancer-causing compounds would react to and scramble in his tests.

Popp worked out that if the carcinogens react only to this frequency, it must somehow be linked to photo-repair. If so, this would mean there must be some light in the body responsible for that mechanism.

After exhaustive testing, he found all living things, from the most basic single-celled plants to the most sophisticated organisms, like human beings, emitted a constant tiny current of photons—particles of light. He labeled them "biophoton emissions" and believed he had uncovered the primary communication channel of living organisms: They use light to signal to themselves and to the outside world.

For more than 40 years, Popp argued that this faint radiation, rather than biochemistry, is the true driving force in orchestrating and coordinating all cellular processes in the body, and by the time of his death in 2018, the German government and more than 50 scientists worldwide had come to agree with him.

Biophoton emissions, he found, reflect the state of the body's energy production in the mitochondria (see page 26) and the likelihood of suffering oxidative stress.

Popp's pioneering work was bolstered by a Russian physicist named Konstantin Korotkov, a professor at ITMO University (the Russian National University of Informational Technology, Mechanics and Optics, formerly St Petersburg State University). Korotkov worked out that he could measure this faint light far more easily when he ran an electromagnetic field through it, which excited it hundreds of thousands of times.

He developed a gas discharge visualization (GDV) device, which used digitized television matrices, state-of-the-art optics and a powerful computer—a blend of measurements of light intensity, photography and computerized pattern recognition. A computer program would then extrapolate from this a real-time image of the "biofield" surrounding the organism and deduce from it the state of the organism's health.

By 2007, the GDV device was widely used as a general diagnostic tool and as a means to evaluate a patient's progress after surgery. The Russian Ministry of Sport had begun to take notice of Korotkov and his machinery, even using it to assess the state of athletes training for the Olympics. Outside Russia, thousands of medical practitioners now use it as a medical early warning system.

Measuring light, as Korotkov recognized, is a fast track to diagnosing illness, and as we've now discovered, ultraviolet light at the right frequency is a curing agent (page 42). Narrowband UV light is used in clinics globally to eliminate pathogens of all types, plus fibromyalgia, autoimmune diseases, shingles and herpes, chronic Lyme, and long Covid.

All we need to do now is convince the rest of the medical establishment—so wedded to the biochemistry model of cell regulation that Popp rejected and the use of dangerous and often ineffective chemicals to treat conditions—to use light to "retune" one of our body's most important energies.

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Lynne McTaggart and Bryan Hubbard

What you now get with your subscription

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.

• Search our database: *WDDTY* has assembled one of the largest databases of alternative health information, and you can search every word of it.

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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.

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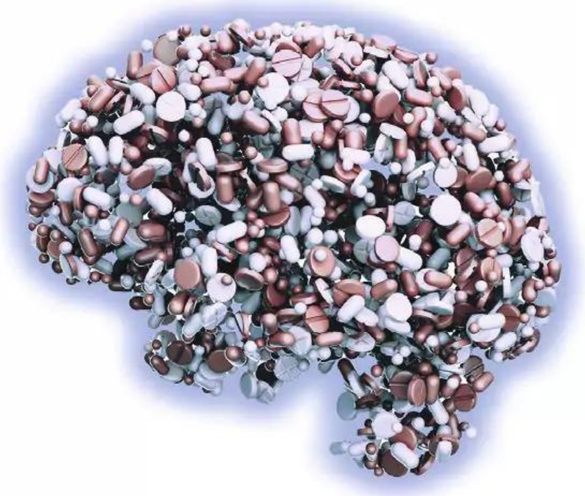
Weaving more movement—and the right kind—into the fabric of your daily life is the key to effective exercise in perimenopause and beyond, says functional medicine practitioner Dr Mariza Snyder. Here are her seven secrets to staying fit and feeling fabulous after 40—no gym required



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High-intensity workouts suit extroverted personalities; sugar (real or fake) can cause puberty to arrive sooner; trained dogs sniff out Parkinson's disease 20 years before doctors can

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Do painkillers cause autism? The jury's out

In an unexpected announcement, President Trump recently declared that the painkiller acetaminophen—Tylenol in the US and paracetamol everywhere else—could be a major factor in the surge of autism. But was he right?

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Are you in the hospital because you've been in the hospital?

Many who need to go to the ER, or to A&E in the UK, have reacted badly to a medical procedure, drug or vaccine—and it's happening more and more

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Mind over cancer

Stress reduction and emotional healing are crucial in cancer prevention and care, says Dr Leigh Erin Connealy. Here are her top natural ways to look after your mental health

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The last word

NHS gatekeeping prevents UK citizens from getting healthcare, says Bryan Hubbard. But if schools actually taught nutrition, maybe they wouldn't need it as much

"A lot of things that you see in [medieval] manuscripts are actually being promoted online currently as alternative medicine, but they have been around for thousands of years,"
Meg Leja, researcher

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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.

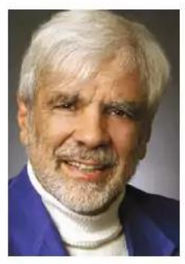
Dr Damien Downing, a specialist in allergy, environment and nutrition, is current president of the British Society for Ecological Medicine, on the editorial board of *Orthomolecular Medicine News Service*, Chief Medical Advisor of cancer charity Yes to Life (www.yestolife.org.uk), and author of numerous 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 is a GP, homeopathic physician and academic tutor with a passion for integrative medicine. He is the immediate past president and fellow of the Faculty of Homeopathy. He is also a popular speaker at international conferences and a leading voice within the homeopathic profession.

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

Humming for health

I've just read the article on nitric oxide in the July/August 2025 issue. Great info! I've also read Dr Nathan Bryan's book *The Nitric Oxide (NO) Solution*.

Although you listed several nitric oxide supplements, I want to make you aware of the book *The Humming Effect: Sound Healing for Health and Happiness* by Jonathan Goldman. Humming raises nitric oxide levels by 15 times!

As the book description says, the book "explores the science behind sound healing, revealing how self-created sounds can literally rearrange molecular structure and how humming not only helps with stress levels, sleep and blood pressure but also increases lymphatic circulation and melatonin production, releases endorphins, creates new neural pathways in the brain and releases nitric oxide, a neurotransmitter fundamental to health and well-being."

I've followed Goldman's quick protocol for about a month now, and I feel great! More alive.

I just wanted you to be aware there's another super-efficient way to significantly increase nitric oxide levels, which anyone can do and afford.

LWallace, via email

WDDTY *replies: Lynne McTaggart did mention Jonathan Goldman's book in her Comment on that issue (see page 3 in your print copy). Thank you for bringing additional attention to this excellent work and to Dr Bryan's book.*

What's really going on with mental health?

I've been a *WDDTY* subscriber for many years and find many of your articles extremely informative. I have, however, been disappointed in the articles and news items over the past few years relating to mental health—particularly the one in your September 2025 issue ("Years After Covid, Mental Health Problems Still on the Rise"). The last sentence, "There's something going on, but we don't know what it is," seems to summarize *WDDTY's* stance/confusion on this worrying issue.

I think you'll find several very important things are going on in this field—the main one being that the psychiatric and pharmaceutical industries are doing very well in the current situation, in which every normal human emotional reaction/feeling is pathologized. This is particularly prevalent in the young, who are bombarded daily through social media about mental health issues they're most likely suffering from.

Luckily, they can all be helped by numerous medications—surprise, surprise. The psychiatric industry's "Bible," the *Diagnostic and Statistical Manual* (DSM), expands yearly to include more ludicrous "mental health conditions" each time. All are of course, yet again, treatable by toxic, addictive drugs that ruin people's lives (especially the young).

I don't dispute that there's a rise in mental heath issues, particularly in the young, and I wrote extensively about the effects of Covid restrictions on young people myself as a psychotherapist and member of the UK-based HART (Health ethics Advocacy and Research Group).

But there is much more going on here than meets the eye.

SWaters, via email

WDDTY *replies:* WDDTY *has criticized psychiatry and psychiatric drugs many times, most recently in the October 2025 issue's News Focus.*

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
COMMUNITY

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 any of the posts below, head to the Community.

Why I'm skipping the scan

Re: "Cancer screening does more harm than good in the over-75s" (a news story published on wddty.com back in 2013), it's a personal choice, of course, but as for me, I know that x-ray exposure is cumulative, and there's no way I know whether the exposure I already have in my body would trigger cancer-causing mutation(s) should I add one or more mammograms.

Why risk a false positive, leading to anxiety, endless trips to the doctor, more tests and more sleepless nights? For what?

I'd rather spend whatever time is left for me on things I enjoy doing while I'm still able to enjoy them. Que será, será . . .

Blijfgezond

What's the deal with creatine?

Does anyone take creatine? What has been your experience in taking it? Improvements, tolerance, side effects, etc.? Please include your age.

Lynn

Replies from the WDDTY Community

Cheryl, age 69, has been taking it for a few months and loves it: "I am very fit and run and go to the gym, etc.," she says.

She mentions a conference about creatine (Creatine Conference 2025, March 12–15 in Munich). She recommends looking up an expert, Dr Darren Candow, as well. "He was also on Dr Rhonda Patrick's podcast on fitness. Great podcast."

***WDDTY* replies: You can read more about creatine and its many benefits in the September 2025 issue (News Focus). Also check out the Healthy Shopping section in that issue to see what to look for when buying creatine.**

Toddlers have up to 96 toxic chemicals in their bodies

What are we doing to our children? They already have up to 96 different harmful toxic pollutants and chemicals in their bodies by the time they reach age four.

These chemicals—which come from everyday objects such as packaging, toys and toiletries—could be affecting their development and cause learning problems later on.

Researchers from across the US, including the University of California Davis and UC San Francisco, collected urine samples from 201 toddlers aged two to four years. Testing revealed the children had up to 96 different chemicals in their bodies, many of which are linked to hormone and brain disruption.

Their study found 96 chemicals in at least five children, 48 chemicals in over half of the children and 34 chemicals in more than 90 percent of the children. These include nine chemicals not currently tracked in national health surveys like the US's National Health and Nutrition Examination Survey (NHANES).

The researchers looked for childhood exposure to common environmental chemicals, including these:

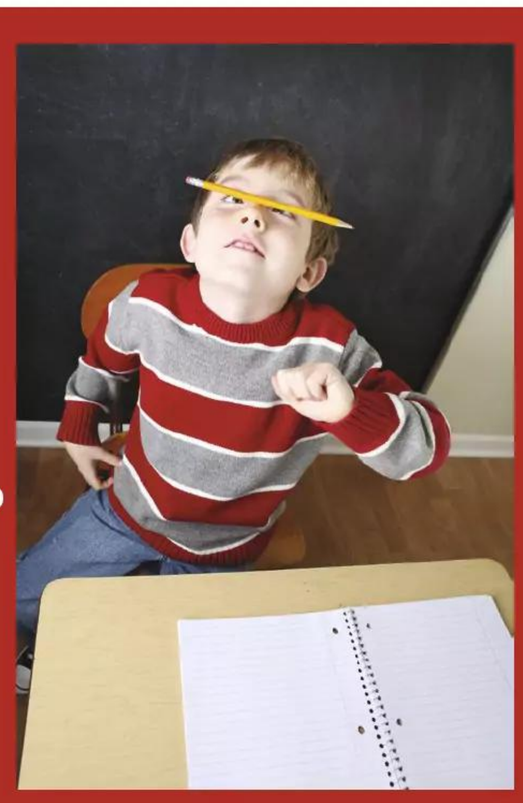
- Phthalates and phthalate alternatives used in personal care products, household items and plastics like toys and food packaging
- Parabens commonly used in cosmetics, lotions, shampoos and pharmaceuticals
- Bisphenols such as BPA and BPS, found in plastic containers
- Pesticides used on produce, beans and grains
- Flame retardants used in furniture, clothing and bedding

Children are exposed to these environmental chemicals through everyday activities, such as eating, drinking, breathing indoor and outdoor air, and touching contaminated surfaces. Although it's impossible to avoid all chemicals and pollutants, parents can help reduce their child's exposure by following a few simple guidelines, the researchers say:

- Choose products that are phthalate-free, paraben-free and fragrance-free.
- Avoid plastics labeled #3, #6 and #7, as these may contain BPA or similar chemicals.
- Wash hands frequently, especially before eating.
- Ventilate the home and use HEPA filters.
- Wash produce thoroughly before eating and/or buy organic foods.

Environ Sci Technol, 2025; 59(27): 13594–13610

ADHD is seriously overdiagnosed



ADHD (attention-deficit/hyperactivity disorder) could be diagnosed far more often than it should. In many cases, its symptoms may instead be caused by another problem, such as depression.

Medical researchers have been too quick to make an ADHD diagnosis without ruling out other possibilities, and these mistakes have been made even in influential studies that have guided drug and treatment policies.

Researchers from the University of Copenhagen and the University of São Paulo analyzed 292 of the most significant ADHD studies in adults and found that around half hadn't carried out thorough diagnostic checks. They included people who had mental health issues and yet were still diagnosed with ADHD.

Most of the researchers in those studies weren't qualified to make an accurate diagnosis, and their diagnostic methods varied widely. In one study, the diagnosis was done by a computer.

Eur Psychiatry, 2025; 68(1): e64

How coffee could help you live longer

Your morning coffee isn't just perking you up—it could even help you live longer. Researchers have discovered that caffeine affects aging by tapping into an ancient cellular energy system.

A team from Queen Mary University in London previously discovered that caffeine affects a growth regulator called TOR (Target of Rapamycin). TOR tells cells when to grow based on how much food and energy they have on hand. The researchers observed caffeine's effects on it in fission yeast, a single-celled organism that closely resembles a human cell.

But in their new study, the scientists were surprised to find caffeine doesn't influence TOR directly. It activates AMPK, another system that human and yeast cells have in common. AMPK steps in to help when cells have an energy deficiency.

The researchers showed that caffeine's effect on AMPK influences how cells grow, repair their DNA and respond to stress, all of which are tied to aging and disease.

Microb Cell, 2025; 12: 141–156

Hate exercising? Most of us do, but we might enjoy it more if we did the type of workout that best suited our psychological profile. If you're an extrovert, you'll most enjoy high-intensity exercise, but worriers do better with shorter bursts of activity, it seems.

Researchers from University College London put 86 volunteers through their exercise paces for eight weeks: One group was assigned strength training and cycling exercises, and a control group continued with their normal lifestyle plus a stretching routine. The researchers assessed the participants' psychological profiles with the Big 5 model, which categorizes people based on one dominant trait: extroversion, agreeableness, conscientiousness, neuroticism (worrying) or openness.

During the exercise program, participants were asked to rate their enjoyment of each exercise session before having their fitness level tested again afterward.

The researchers found that extroverts tended to enjoy high-intensity exercise, such as high-intensity interval training (HIIT) and a fitness test of maximum-intensity cycling, while worriers preferred shorter bursts of intensity rather than prolonged exercise.

All types benefited from the exercise, but the worriers also saw the greatest drop in stress levels by the end of the program.

The take-home is simple enough: There's no one-size-fits-all exercise program, so choose something you enjoy and stick with it.

Front Psychol, 2025; 16: 1587472

Obesity linked to 40 percent of all cancer cases

Obesity is usually a symptom of a bad diet—and it's now directly linked to 13 different types of cancer that account for 40 percent of all cancer cases. Cancer deaths that are linked to obesity have tripled in the past 20 years, say researchers from Hackensack Meridian Jersey Shore University Medical Center.

They analyzed more than 33,000 deaths associated with the 13 cancers and found the rate had increased from 3.73 per million in 1999 to 13.52 per million in 2020. The highest increases were among women, older people, black people, Native Americans and rural populations.

Faizan Ahmed et al., paper presented at ENDO 2025, July 13, 2025, endocrine.org

Hate Mondays? You're raising your risk of a heart attack

You'd better start loving Mondays. People who hate the first day of the work week retain stress levels that can lead to a heart attack.

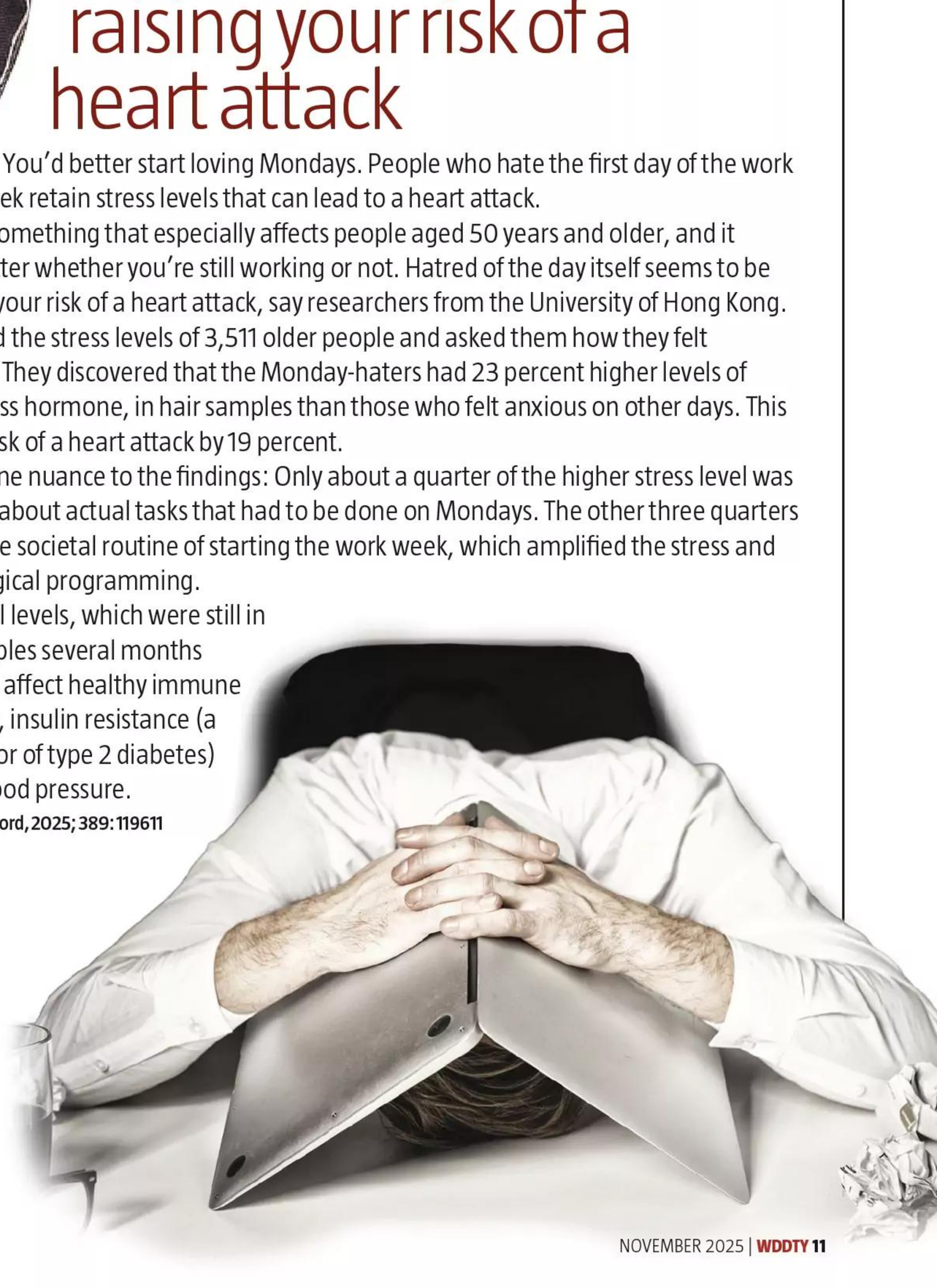
It's something that especially affects people aged 50 years and older, and it doesn't matter whether you're still working or not. Hatred of the day itself seems to be enough to raise your risk of a heart attack, say researchers from the University of Hong Kong.

They monitored the stress levels of 3,511 older people and asked them how they felt about Mondays. They discovered that the Monday-haters had 23 percent higher levels of cortisol, the stress hormone, in hair samples than those who felt anxious on other days. This increased the risk of a heart attack by 19 percent.

There was one nuance to the findings: Only about a quarter of the higher stress level was due to anxiety about actual tasks that had to be done on Mondays. The other three quarters were due to the societal routine of starting the work week, which amplified the stress and affected biological programming.

High cortisol levels, which were still in the hair samples several months later, also affect healthy immune function, insulin resistance (a precursor of type 2 diabetes) and blood pressure.

J Affect Disord, 2025; 389: 119611



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MUSCLE FUNCTION

COGNITIVE FUNCTION

ENERGY & METABOLISM

Avoid acid-producing foods to lose weight quickly

Want to lose weight quickly? Then lower your consumption of foods that produce acid in the body, such as meat, eggs and dairy, and replace them with more vegetables, leafy greens and berries. Acid-producing foods increase inflammation, and this can disrupt the metabolism, causing us to put on the pounds.

A research team from the Physicians Committee for Responsible Medicine tested the diet on a group of 62 overweight adults. The participants ate a Mediterranean or low-fat vegan diet for 16 weeks, took a four-week cleansing period, then spent an additional 16 weeks on the alternate diet.

They lost an average of 13 pounds on the vegan diet, but they didn't lose any weight while they ate the Med diet.

The researchers say the vegan diet had an alkalizing effect, which increases the body's pH level, making it less acidic. Alkalizing foods include vegetables, particularly leafy greens, and fruits such as berries, apples, cherries and apricots.

To learn more about acidifying and alkalizing foods, see *WDDTY* April 2024.

Front Nutr, 2025; 12: 1634215

5 ways to get your greens

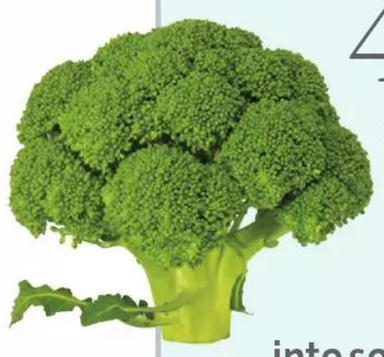
A core part of living alkaline is eating more greens—five to seven servings of green foods daily. If you do just this one action, you'll see an incredible benefit to your health and energy.

The sheer volume of vitamins, minerals and nutrients, such as magnesium, iron, potassium, omega-3s, sulforaphane, chlorophyll, antioxidants and anti-inflammatories, will make a huge difference in your life. Here are five ways to get more greens:

1. Have a daily green juice or smoothie (3–5 servings)
2. Include a simple side salad with every meal (2–4 servings)

3. Wilt greens such as spinach into sauces, curries and stews (1–2 servings)

4. Add shaved broccoli to dishes (1 serving)



5. Blend greens into soups and sauces (1–2 servings)

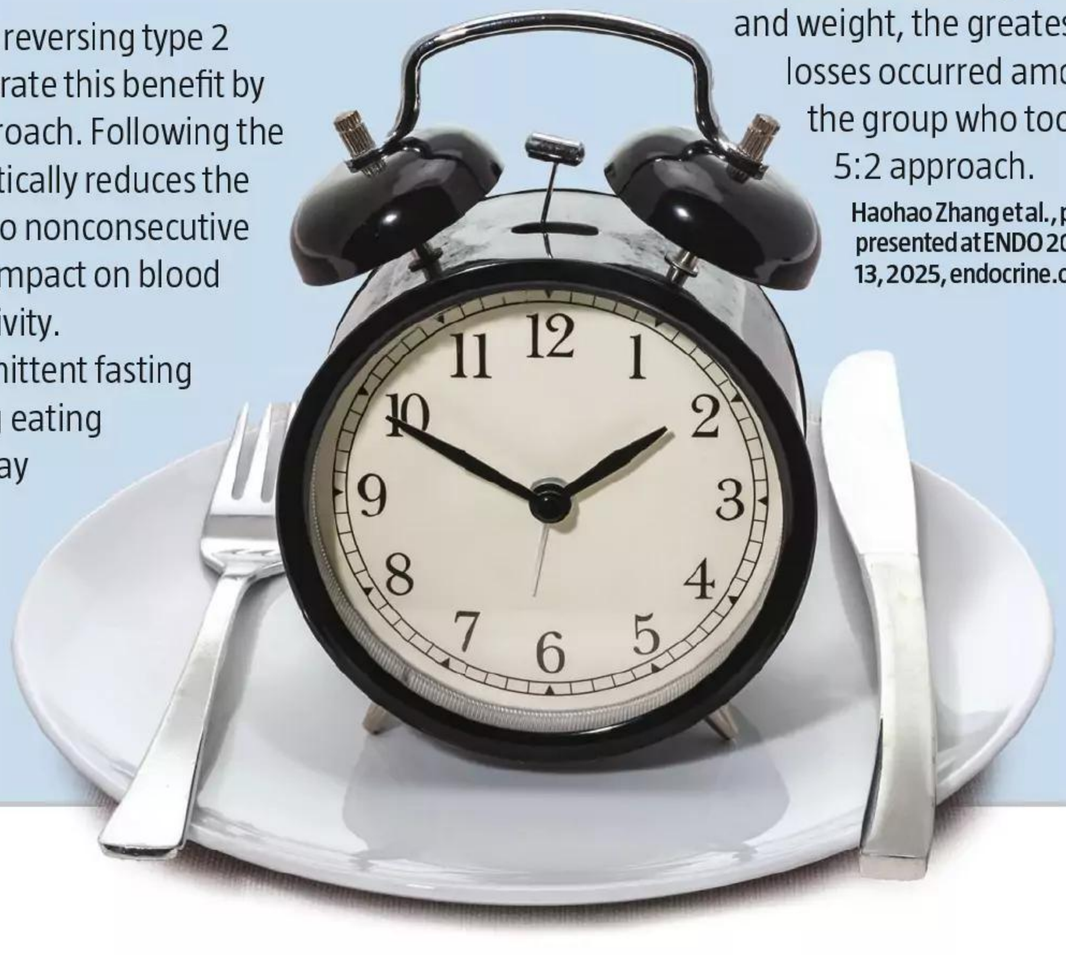
Intermittent fasting speeds up diabetes reversal

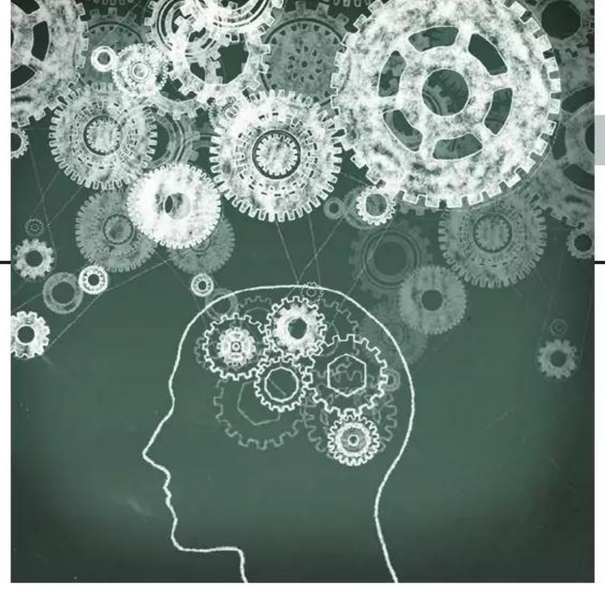
Eating a healthy diet can start reversing type 2 diabetes—but you can accelerate this benefit by adding mini-fasts to your approach. Following the 5:2 fasting diet, which dramatically reduces the amount of food you eat on two nonconsecutive days a week, has the biggest impact on blood sugar levels and insulin sensitivity.

It's better than other intermittent fasting techniques, such as restricting eating to within a 10-hour window, say researchers from Zhengzhou University in China. They tested three different calorie-reduction methods on a group of 90 obese people with type 2 diabetes.

The participants followed their assigned diets for three months. They either practiced intermittent fasting (the 5:2 approach), ate within a specific time window every day or reduced their daily calorie intake throughout the time of the study. Although all the diets reduced blood sugar levels and weight, the greatest losses occurred among the group who took the 5:2 approach.

Haohao Zhang et al., paper presented at ENDO 2025, July 13, 2025, endocrine.org





The four early-warning signs of Alzheimer's

Alzheimer's doesn't just strike randomly. Four distinct early warning signs suggest you are more likely to suffer from it one day.

The good news is that identifying one or more of these signs early enough could reduce your chances of developing the debilitating disease.

Researchers from the University of California at Los Angeles analyzed data from health records of around 25,000 people and compared their findings with a specific database of more than 5,000 Alzheimer's sufferers.

They discovered four risk factors—or pathways—that can determine a person's chances of developing Alzheimer's disease:

1. Mental health pathway: Psychiatric conditions leading to cognitive decline
2. Encephalopathy pathway: Brain dysfunction conditions that escalate over time
3. Mild cognitive impairment pathway: Gradual cognitive decline progression
4. Vascular disease pathway: Cardiovascular conditions that contribute to dementia risk

In 26 percent of cases, the pathways showed sequential progress. So, for example, hypertension often preceded depressive episodes, which then increased Alzheimer's risk.

Seeing the disease as the endpoint of a progressive pathway—rather than diagnosing it in isolation—could open the door to preventive action in which early reversal of a pathway's sequence could also reduce the risk.

"Understanding these pathways could fundamentally change how we approach early detection and prevention," said Mingzhou Fu, one of the researchers.

eBioMedicine, 2025; 118: 105831

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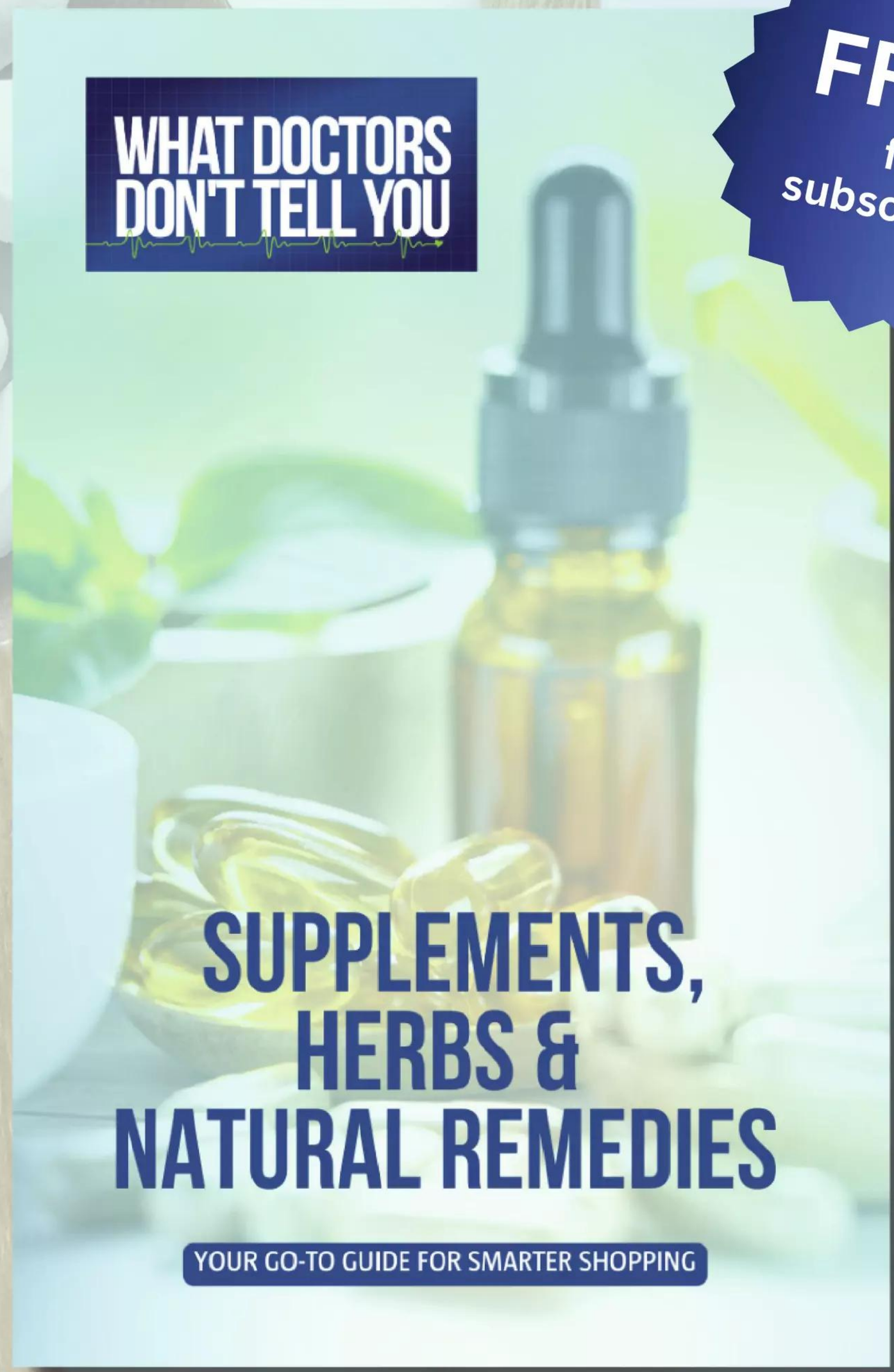

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Health hacks could be medieval

The health hacks you see on social media platforms like TikTok aren't so new after all—some are many hundreds of years old. Old manuscripts and books show that people living before the 11th century—during the "Dark Ages"—were as interested in their health as we are and were trying remedies that are today called health hacks.

An ancient remedy for a headache involved crushing a peach mixed with rose oil, and smearing it on your forehead—and a study published in 2017 showed that rose oil can alleviate migraine pain. People living a thousand years ago also had their own form of waxing—lizard shampoo, made with parts from a lizard, helps to remove hair.

Researchers from Binghamton University in New York have been scouring medieval books and manuscripts like the Cotton MS Vitellius C III for health remedies, and they've compiled their findings in the Corpus of Early Medieval Latin Medicine.

"A lot of things that you see in these manuscripts are actually being promoted online currently as alternative medicine, but they have been around for thousands of years," said Meg Leja, a member of the research team.

John Brhel, "Medieval Medicine Was Smarter Than You Think—and Weirdly Similar to TikTok Trends," July 14, 2025, Binghamton.edu

Don't give your kids sweets—it speeds up puberty

Children who consume drinks and foods that contain added sugar or artificial sweeteners start puberty far earlier, say researchers from Taipei Municipal Wan Fang Hospital in Taiwan. Products like aspartame, sucralose and glycyrrhizin cause hormonal changes and gut bacteria imbalances.

Early-onset puberty has been tied to serious health consequences later in life, including emotional stress and metabolic disorders. One type, central precocious puberty, is increasingly common and can lead to emotional distress, shorter adult height, and a higher risk of metabolic and reproductive disorders.

Each sweetener has a different impact on a child's puberty. For example, acesulfame potassium or AceK activates sweet-taste pathways in brain cells and increases stress-related molecules, which triggers the release of puberty hormones.

Glycyrrhizin, a common ingredient in sugar-free licorice, alters the gut microbiome and interferes with genes that trigger puberty.

The researchers have been tracking results from the Taiwan Pubertal Longitudinal Study (TPLS) since 2018, which includes data from 1,407 teenagers. They've found that of these teens, 481 have been diagnosed with central precocious puberty.

Sucralose increases the risk of central precocious puberty in boys, while glycyrrhizin, sucralose and added sugars seem to affect girls more.

Yang-Ching Chen et al., paper presented at ENDO 2025, July 13, 2025

WHY YOU'RE MORE LIKELY TO GET A STOMACH BUG FROM ROMAINE LETTUCE

You're more likely to get food poisoning from romaine lettuce than from any other salad greens or vegetables—and now researchers have figured out why. The lettuce is often the cause of an *E. coli* outbreak, and it's down to the way it is irrigated and transported, say researchers from Cornell University.

Romaine is regularly watered with untreated surface water from overhead spray irrigation systems. After harvest, it isn't being cleaned properly and it isn't stored in efficient cold storage units before it reaches the stores, the researchers found. High temperatures in storage produce the perfect storm for salad leaves that have already suffered contamination.

The problem could be reduced by using better irrigation systems that don't allow water to settle directly on the leaves, the researchers say.

Sci Rep, 2025; 15(1): 17421

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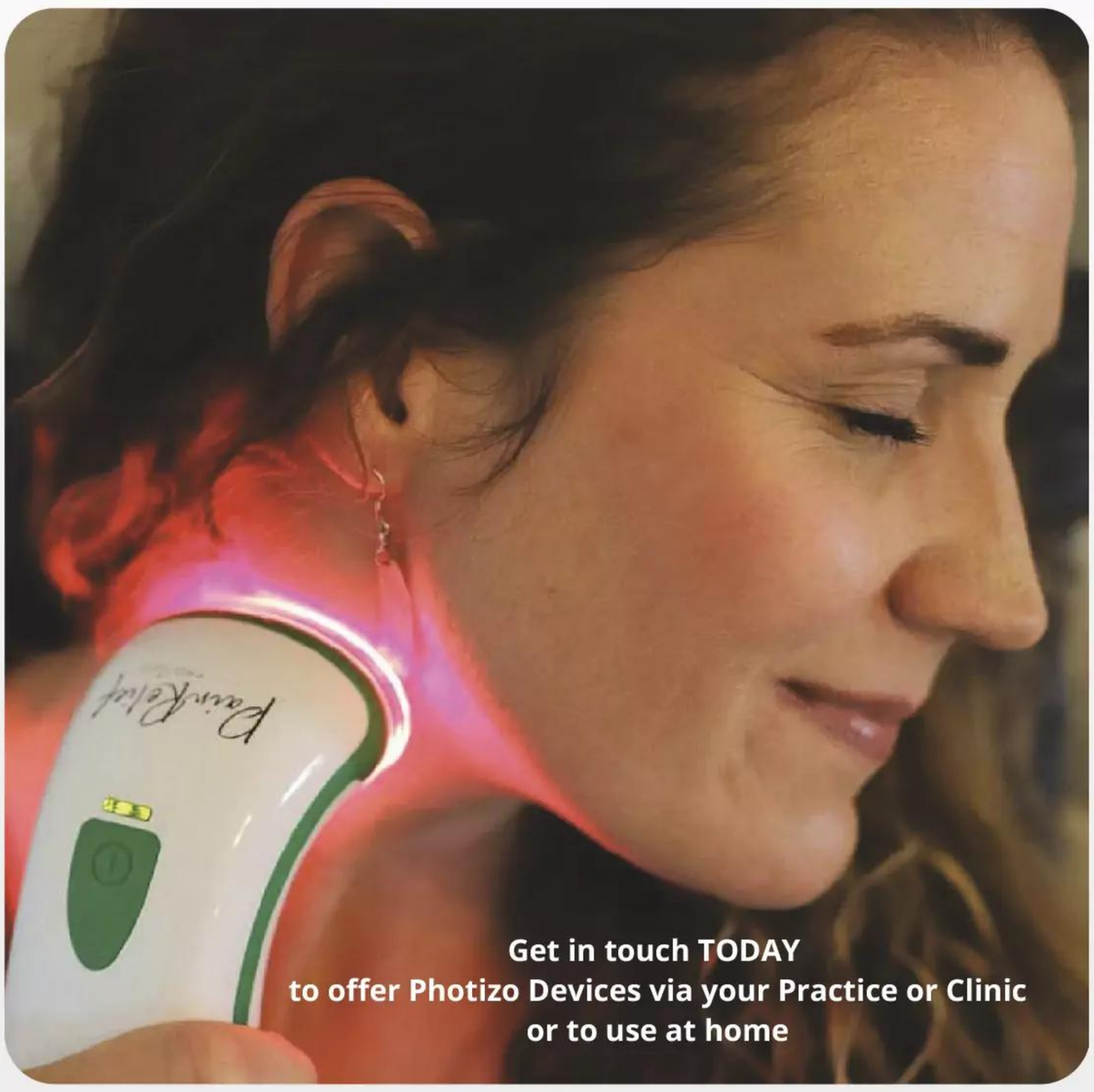

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COVID-19 NEWS

Major flaw in mRNA science

The science behind the new mRNA vaccines—which were introduced to combat the Covid-19 virus—is seriously flawed. They target an area of the coronavirus known as the NiRAN domain, which helps the virus to replicate.

Coronavirus vaccine design has been influenced by pivotal research by Chinese scientists in 2022, which focused on the domain as a target for vaccines that could counter future viral epidemics. But the Chinese scientists got it wrong, as a new analysis by the Rockefeller Center has established.

"Their work contains critical errors. The data does not support their conclusions," said Gabriel Small, one of the Rockefeller researchers. Scientists still don't know how the NiRAN domain works or what its significance in the spread of viruses is, he said.

The findings could have sweeping implications for drug developers already working to design antivirals, which it now seems are based on flawed assumptions.

Cell, 2025; 188(16): 4456–4461.e6

Is long Covid a reaction to the mRNA jab?

Long Covid could be a reaction to the mRNA vaccine, a new study has suggested. The symptoms—flu-like reactions that last for three months or more—are similar to post-vaccination syndrome, which was thought to be a separate condition.

But researchers from BreatheMD, a clinic in Houston, Texas, think they could be connected and that the vaccine could be causing long Covid as much as SARS-CoV-2 infection.

They took blood samples from 100 people with long Covid, 81 of whom had been vaccinated. The vaccinated had seven times the levels of spike proteins as sufferers who hadn't been vaccinated, suggesting the vaccine is playing a key role in long Covid.

The study hasn't been peer reviewed, which means its analysis and conclusions haven't been verified by independent scientists, and it hasn't been published.

Preprints.org, 2025; doi: 10.20944/preprints202507.1303.v1

Lockdowns and Covid fear campaigns aged our brains

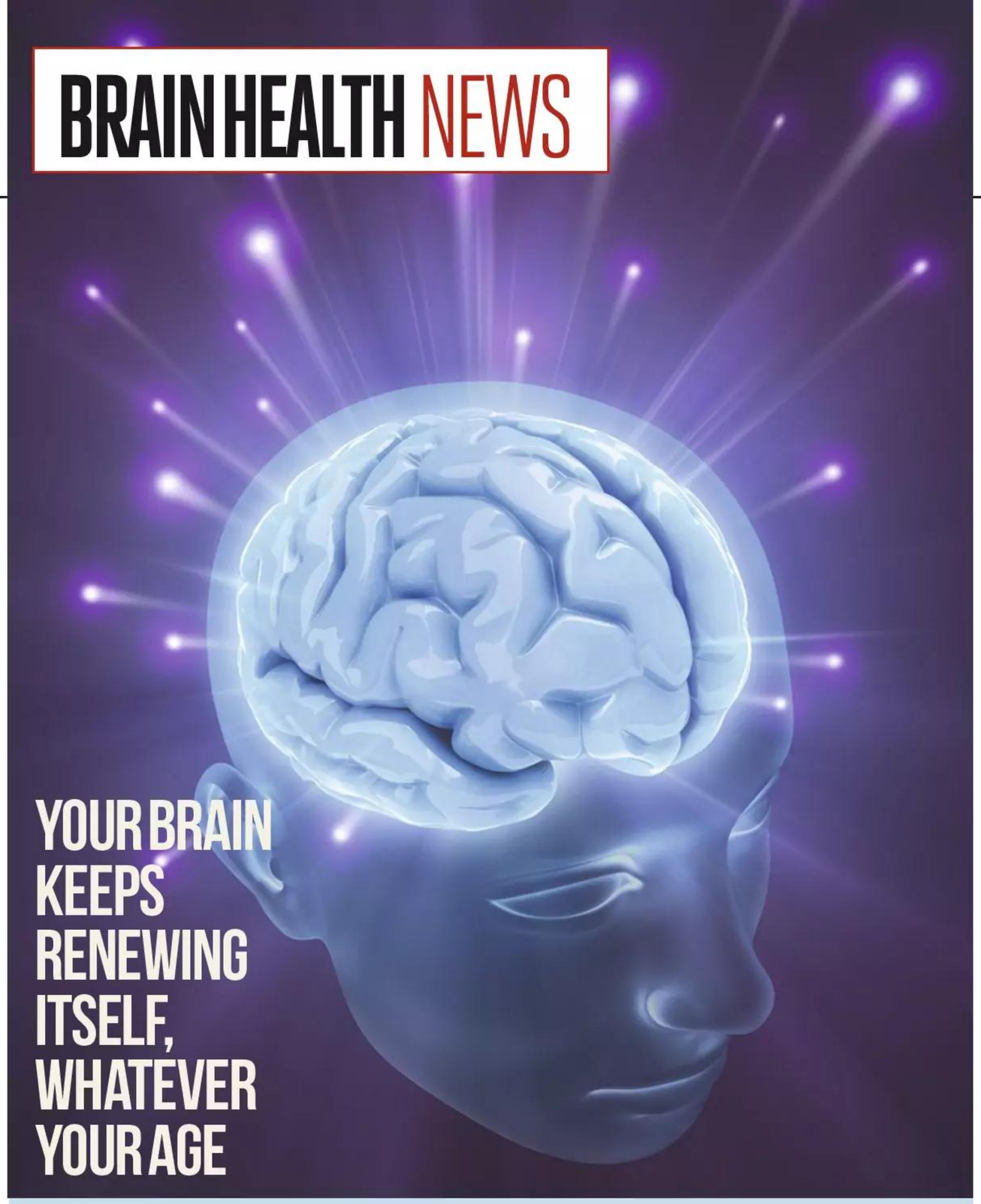
The recent Covid-19 pandemic has aged our brains—even if we never caught the virus. Stress, fear and nationwide lockdowns all caused our brains to age faster, say researchers from the University of Nottingham.

Men, older people and those from deprived backgrounds were especially affected, the researchers found. But faster brain aging was linked to poorer cognitive function, specifically a decline in mental flexibility and processing speed, only in those who had been infected with Covid.

The researchers looked at brain scans from nearly 1,000 healthy adults who participated in the UK Biobank study. Some participants had scans before and after the pandemic, and others were scanned only before it happened.

Nat Commun, 2025; 16(1): 6411

BRAIN HEALTH NEWS



YOUR BRAIN KEEPS RENEWING ITSELF, WHATEVER YOUR AGE

No matter how old you are, your brain keeps renewing its cells. Neurons are being formed all the time in the brain's hippocampus, the area that controls memory, learning and emotions.

It's a process that continues into great old age, say researchers from the Karolinska Institute in Sweden. They assessed brain tissue taken from newborns to 78-year-olds and discovered that neurogenesis, the creation of neurons, was happening at every stage of life.

Science, 2025; 389 (6755): 58–63

SUGAR SUBSTITUTE INCREASES STROKE RISK

Erythritol, one of the world's most popular sugar substitutes, increases the risk of a stroke. Even small amounts can harm brain blood vessel cells, promoting constriction, clotting and inflammation. All of these effects raise the risk of stroke, say researchers from the University of Colorado at Boulder.

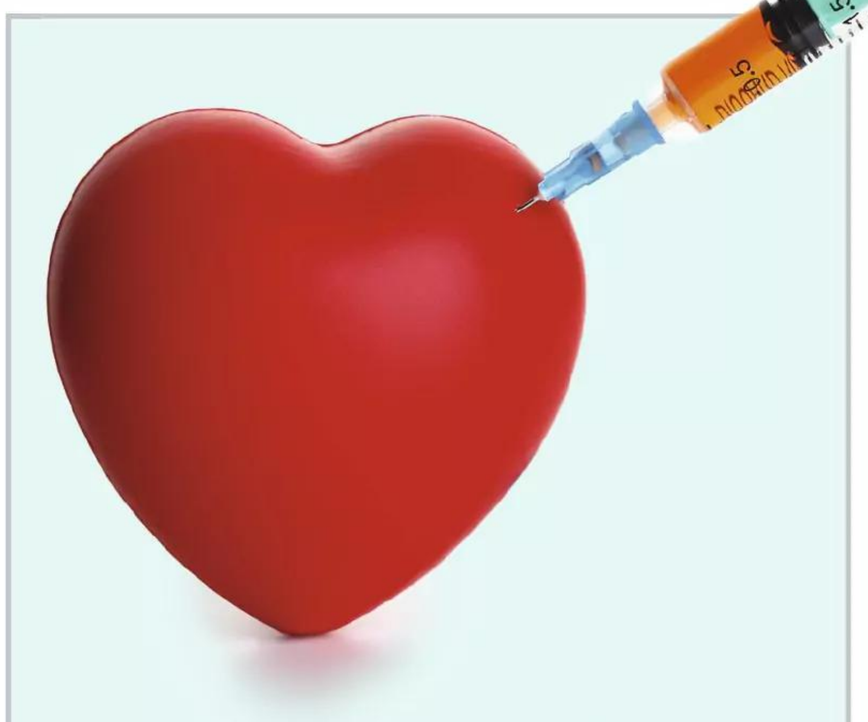
In 2001, the sugar alcohol was approved by the US Food and Drug Administration, and approval in the UK followed in 2007. It's used in thousands of products including low-carb ice cream, keto protein bars and sugar-free drinks. People who have type 2 diabetes or obesity are often especially encouraged to use the products.

But erythritol affects blood vessels in the brain, and a recent study found people with high levels in their blood were far more likely to suffer a heart attack or stroke.

The Colorado researchers have taken that discovery a stage further by carrying out lab tests on human cells that line blood vessels to see how erythritol affects them. They found the cells produced significantly less nitric oxide, a molecule that relaxes and widens blood vessels, but also developed more endothelin-1, a protein that constricts blood vessels.

"Big picture, if your vessels are more constricted and your ability to break down blood clots is lowered, your risk of stroke goes up," said Auburn Berry, one of the researchers.

J Appl Physiol, 2025; 138(6): 1571–1577



Health alert for RSV jab

There's a new health alert for the RSV (respiratory syncytial virus) vaccines, which are routinely offered to over-60s, pregnant women and babies. They can cause Guillain-Barré syndrome (GBS), the nerve disorder that can sometimes be fatal, the UK's drug regulator, the Medicines and Healthcare products Regulatory Agency (MHRA) has announced.

The RSV vaccines join a growing list of jabs — including those for Covid, seasonal flu and polio — that can cause GBS. Doctors have been told to let patients over age 60 know about the risk from the two RSV vaccines, Pfizer's Abrysvo and GSK's Arexvy.

GBS affects the peripheral nervous system. Symptoms usually start in the limbs and include tingling, numbness, or pins and needles in the feet and hands, followed by muscle weakness and difficulty moving joints.

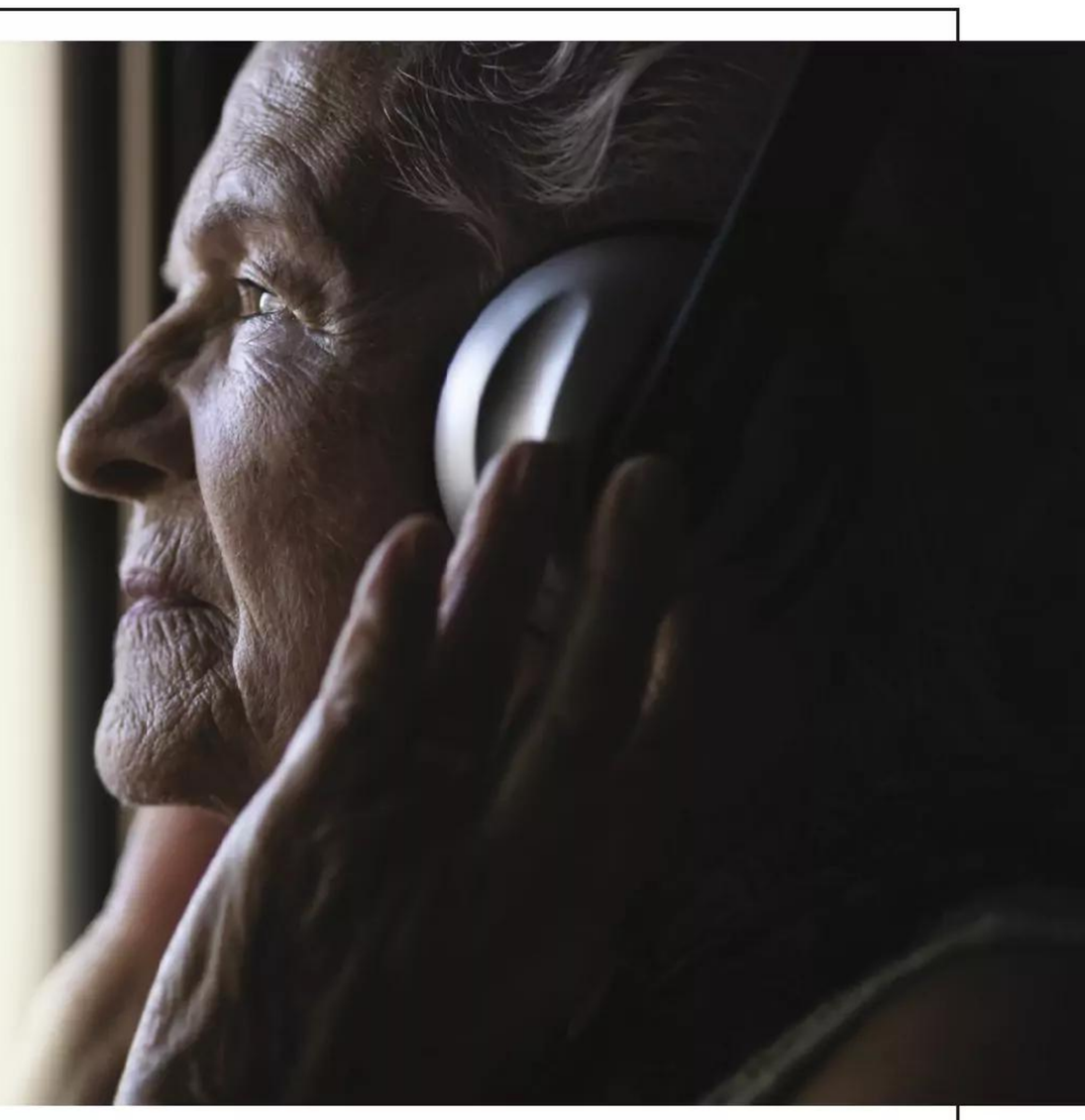
In more serious cases, people can experience breathing difficulties, drooping facial muscles, problems with swallowing or speech, double vision and shooting nerve pain, often in the legs or back. Some may develop paralysis in the legs, arms or face.

Serious cases can require several months of hospital care, and in rare cases, it can be fatal. It's sometimes treated with immunotherapy.

The MHRA warning follows a study by its US equivalent, the Food and Drug Administration, that discovered 95 cases of GBS in a group of 3.23 million people who had received one of the vaccines.

MHRA, "Abrysvo (Pfizer RSV Vaccine) and Arexvy (GSK RSV Vaccine): Be Alert to a Small Risk of Guillain-Barré Syndrome Following Vaccination in Older Adults," July 7, 2025, gov.uk

Don't use a chemical cosh — music can help calm the distressed dementia patient



Distressed dementia patients are often sedated with powerful drugs — known as a chemical cosh — but music therapy can also have calming effects. Patients feel calmer and even report an overall improvement in their quality of life after a musical therapy session, say researchers from the Anglian Ruskin University in the UK.

The therapy, known as MELODIC (Music therapy Embedded in the Life of Dementia Inpatient Care), encourages patients to listen to music, play an instrument or sing. The researchers tested the method on a small group of the most severely distressed patients in UK hospitals.

It's relatively inexpensive to implement and doesn't cause the nasty side effects commonly seen with chemical coshes. But since the benefits were not great enough to be considered significant in the study, the researchers recommend further studies to determine the best way to implement the therapy.

Front Psychiatry, 2025; 16: 1618324

Dogs detect Parkinson's 20 years before symptoms appear

Dogs trained to detect early signs of Parkinson's disease can pick it up two decades before symptoms become apparent. And they're astonishingly accurate, with a 98 percent success rate even when a person has other health problems. At the very earliest phase of the disease, sufferers start releasing an odor that trained dogs can pick up from their skin.

Researchers from Manchester and Bristol Universities in the UK have been working with Medical Detection Dogs, a charity that trains dogs to detect diseases. The charity trained two dogs to detect Parkinson's, and they sniffed 200 dry skin swabs, half of which came from people with Parkinson's. The dogs used in the test were Bumper, a golden retriever, and Peanut, a black Labrador.

This means very early treatment can start right away, which may reduce symptoms later on or even reverse the disease completely.

J Parkinsons Dis, 2025; 15(6): 1111–1115

Do painkillers cause autism? The jury's out

In an unexpected announcement, President Trump recently declared that the painkiller acetaminophen—Tylenol in the US and paracetamol everywhere else—could be a factor in the surge of autism. But was he right?

Is acetaminophen—the painkiller marketed as Tylenol in the US and as paracetamol in the rest of the world—behind the alarming rise in autism in our children? US President Donald Trump thinks so, and he has urged pregnant women to "tough it out" if they're in pain or have a fever and avoid the drug.

Not for the first time, Trump rejects received wisdom. Pregnant women have always been assured the drug is safe, and it's estimated that about half of women take it at some stage in pregnancy to counter pain or fevers, which can cause birth defects if the body temperature exceeds 37.5°C (99.5°F). Doctors continue to recommend the drug although its maker has warned against taking it while pregnant.[i]

Women have been taking the over-the-counter medication during pregnancy for at least 50 years, and meanwhile autism rates in the US have risen from 1 in 10,000 in 1980, to 1 in 150 in 2000, to 1 in 31 in 2022. Some experts reckon the surge is nothing to do with painkillers but is more the result of a much wider definition of autism, and just a few months ago US health secretary Robert F. Kennedy Jr said environmental factors were likely the main culprit.

But now the Trump administration is fingering acetaminophen as one of the major possible causes, and the pronouncement was vindicated by a major review by Harvard University that concluded acetaminophen was indeed a likely cause of autism (autism spectrum disorder, or ASD) and ADHD (attention-deficit/hyperactivity disorder).

The Harvard team reanalyzed 46 studies of acetaminophen and autism and found 27 of them had discovered a 'significant' connection. Just four found no association

An updated recommendation

The US drug regulator, the Food and Drug Administration (FDA)—in the process of being repopulated by health secretary Kennedy with "people-first" bureaucrats—is now urging women to exercise caution and take the drug only as a last resort.

"The FDA is taking action to make parents and doctors aware of a considerable body of evidence about potential risks associated with acetaminophen," said FDA commissioner Marty Makary. "The precautionary principle may lead many to avoid using acetaminophen during pregnancy, especially since most low-grade fevers don't require treatment. It remains reasonable, however, for pregnant women to use acetaminophen in certain scenarios."

Critics have argued that Trump's announcement is alarmist, unscientific and dangerous and that acetaminophen is still the safest drug for pregnant women to use for pain and fever. Mel Merritt at the National Autistic Society said, "President Trump is peddling the worst myths of recent decades. Such dangerous pseudoscience is putting pregnant women and children at risk and devaluing autistic people."

The American College of Obstetricians and Gynecologists (ACOG) echoed his views. Its president, Steven J. Fleischman, said, "In more than two decades of research on the use of acetaminophen in pregnancy, not a single reputable study has successfully concluded that the use of acetaminophen in any trimester of pregnancy causes neurodevelopmental disorders in children."

Proof positive?

Dr Fleischman and others point to a major study by the Karolinska Institute in Sweden that was published last year. The researchers tracked 2.48 million children born between 1995 and 2019 and included their siblings for comparison. Of these, 185,909 children—around 7.5 percent of the total—had been exposed to acetaminophen in the womb. Rates of autism and ADHD barely differed between the acetaminophen

and non-acetaminophen groups, the researchers concluded.[2]

Some scientists argue the study provides definitive proof that the painkillers don't cause autism. However, the Harvard study—conveniently or coincidentally published two days after Trump's announcement—says several red flags suggest it is not as scientific as its supporters would like to think.

For one, the use of acetaminophen is surprisingly low at 7.5 percent of pregnant women, and well below the average of 40–50 percent in other studies. This could be because the Swedish researchers didn't actually record drug usage but instead relied on the memory of midwives.

It's likely the researchers missed five out of every six acetaminophen users, while relying on sibling data only amplified the error, the Harvard team said. The result is an unreliable and unscientific conclusion.[3]

The Harvard team reanalyzed 46 studies that had researched a link between the painkiller and autism and found 27 of them had discovered a "significant" connection. Just four—including the Swedish study—found no association.

Lead researcher Andrea Baccarelli, dean of the faculty at Harvard T. H. Chan School of Public Health since January 2024 and professor of environmental health, was discussing the findings with health secretary Kennedy in the weeks before Trump's announcement.

Bacarelli had given the White House team a statement noting his team found "evidence of an association" between neurodevelopmental disorders like autism and prenatal exposure to acetaminophen. "That association is strongest when acetaminophen is taken for four weeks or longer," he said.

Trump's favorite?

There is a question mark over Baccarelli's involvement, however. Described as "Trump's favorite scientist," he served as a paid expert witness in a 2022 class-action lawsuit against Tylenol maker Kenvue. A group of parents filed the suit, claiming their children had ADHD and autism because they took the drug while pregnant.

Bacarelli acknowledged in an August 2023 deposition that he had been paid

about $150,000 to testify for the plaintiffs. A federal judge dismissed the case, stating Bacarelli and four other experts' testimonies were "unbalanced," the *New York Post* reported.[4]

But Baccarelli is far from a lone voice. Researchers from the California Institute of Behavioral Neurosciences & Psychology came to the same conclusions. They reviewed 16 "high-quality" papers and found "all studies showed an association" between acetaminophen usage and neurodevelopmental problems in the child, and this became more emphatic with longer usage and higher doses.[5]

How strong is the effect?

A research team from the Barcelona Institute for Global Health estimates that acetaminophen increases the risk of autism by up to 19 percent. They recruited 73,881 mothers and assessed their use of the painkiller for 18 months, both before and after birth.

They then assessed the children for symptoms of autism and ADHD at ages four to 12. They found nearly 13 percent of the children had autism and 12 percent had ADHD, although the association was not so strong in children who took acetaminophen in their first few years.[6]

But regarding the drug's use in the child's first years, researchers at the Ronin Institute in New Jersey found the exact opposite: Children given acetaminophen—the common children's medication Calpol contains 20 percent paracetamol—were *much* more likely to develop autism. It could account for up to 40 percent of the risk in boys, the researchers concluded. They surveyed 1,515 families and assessed its use in the child's first two years.[7]

And a 2020 study by Johns Hopkins researchers monitored almost 1,000 mother-child pairs for 20 years and found that the higher the levels of acetaminophen in a baby's umbilical cord blood, the more likely they were to have autism or ADHD. Those with the highest levels were more than three times as likely to have autism than those with the lowest levels.[8]

So, why is this coming to light only now? One reason could be that researchers haven't ever specifically looked for neurodevelopmental problems in the fetus, say researchers from Duke University. Of the 3,096 papers they reviewed, 218 claimed paracetamol was safe for use in infants or children, but only 52 included actual safety experiments and none monitored neurodevelopmental issues.

No trial considered total exposure to the drug since birth, and so the effects of drug exposure on a child's long-term neurodevelopment couldn't be accurately assessed. Overall, most studies tracked the well-being of the child for just three days or less.[9]

It's glutathione

Although critics argue that most of the studies establish correlation and not causation, if acetaminophen is directly responsible for the autism surge, there's a biological mechanism to explain it. The drug is known to reduce levels of glutathione, which supports neurodevelopment by acting as a potent antioxidant and neuromodulator, protecting neurons from oxidative stress and regulating glutamate receptor function, which is crucial for proper brain cell communication and survival.

The body also needs glutathione to detox harmful substances in the environment and in vaccines, such as aluminum and mercury, and studies show autism in some people is linked to an inability to remove these substances from the body.[10] This means ubiquitous environmental toxins and the ever-expanding vaccine schedule, combined with common use of acetaminophen for pain and fever, particularly after vaccinations, may be doing more harm.

There's no conclusive proof that acetaminophen causes autism, but there's enough evidence of a strong association that women should use the painkiller sparingly during pregnancy. The Harvard researchers noted that the risk of autism increased if the mother was taking the painkiller for more than four weeks without a break, and at higher doses. Autism risk also increased if it was taken during the third trimester, when the brain of the unborn child is developing.

Perhaps, as the Trump administration advises, acetaminophen should be reserved for times when the woman's fever is high and threatens the baby's healthy development. Otherwise, seeking out alternatives to reduce fever and pain is a better option (see box, above, and Healthy Shopping, page 65). If there is doubt, always opt for the precautionary principle.

Bryan Hubbard

NATURAL WAYS TO REDUCE FEVER

Here are a few non-drug ways to bring down your temperature.

Take supplements
Increase the amount of vitamin C you take to reduce oxidative stress. Sipping lemon juice in lukewarm water helps, but also take high-dose supplements. Adding garlic and ginger to your food can also bring down your body temperature.

Drink plenty of water
A fever induces dehydration, so stay hydrated. Sipping water every 10 minutes or so is a good approach. You can also use a wet sponge to cool the skin or take a lukewarm bath or shower.

Eat well
Ditch sugary and processed foods and eat plenty of natural and nutritious food. But don't overeat, as your digestive system doesn't operate as well when you have a fever.

Add soups to your diet, and pack them with spices and herbs, such as basil. Broths can also bring down body heat. Freshly pressed fruit juices should be the drink of choice.

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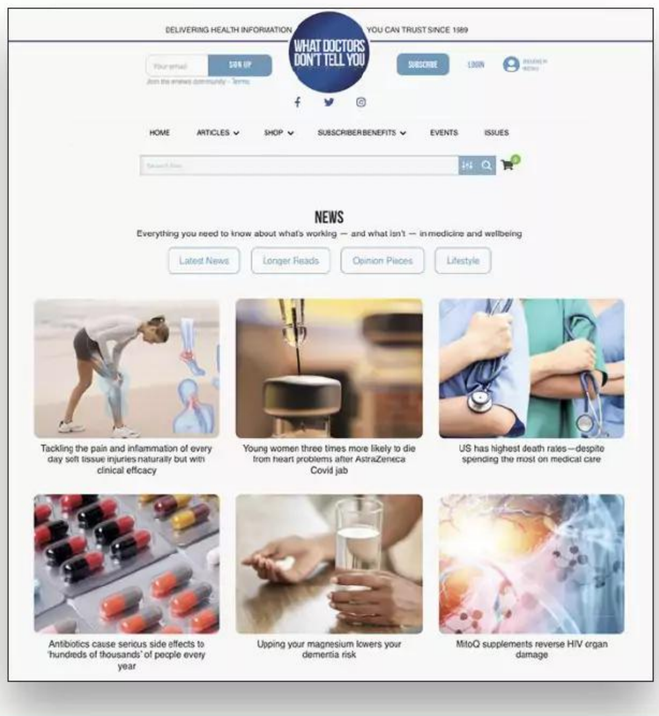

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Are you in the hospital because you've been in the hospital?

Many who have visited the ER, or A&E in the UK, have reacted badly to a medical procedure, drug or vaccine—and it's happening more and more

Have you had the bad luck to visit the emergency room (ER) or A&E of late? You'd have noticed they're busy places. But why? Are people incredibly accident prone, falling on sidewalks and off ladders at a moment's notice?

Yes, some are there because of a broken arm or sprain, or they have breathing problems, cuts and bruises, and concussions. But an increasing number are there because they've had a bad reaction to modern medicine: a medical device, surgery, drug or vaccine. And it's a trend that is worsening.

The ID Band Company, which makes personalized medical bracelets, has been tracking admissions to A&E in the UK over the past six years. Although the figures will be much higher in the US, the overall trend is likely to be very similar.

In those six years, the number of people who have suffered "misadventures during surgical and medical care"—a phrase for medical error that hides a thousand sins—has increased by 180 percent, while the number of people who have had an "abnormal reaction" to a medical procedure, which could include a prescription drug or surgery, has risen by 150 percent.

Among the bright points, fewer people are being shot, self-harming or attempting suicide by drug overdose.

"The sharp rise in admissions related to medical devices and procedures suggests a need for better monitoring systems," says ID Band consultant Paula Lingard.

A gloomy picture, for sure, but at least you'll know how to strike up a conversation with the person next to you should you ever find yourself in the ER again: "What drug or medical procedure are you reacting to, then?"

Source: ID Band Company, 2025

The biggest changes in emergency care visits

Hospitals in the UK see about 3.5 million admissions per year. The numbers in this table don't reflect all the reasons a person visits A&E or all those admissions—only the ones that have seen the sharpest increases or decreases over the past few years.

The ID Band Company identified these trends by analyzing hospital-admitted patient care data from the National Health Service.

REASON
Misadventure during surgical care
Reaction to a medical procedure
Reaction to physical medical device
Reaction to cardiovascular device
Reaction to gastroenterological device
Reaction to vaccines/ biological substances
Reaction to obstetric device

The

REASON
Lack of food
Environmental pollution
Threat to breathing

REASON
Pickup truck / train collision
Gunshot wounds
Heavy transport collision
Drowning in swimming pool
Accidental poisoning
Intentional poisoning/ psychotropic drugs
Accidental poisoning/pesticides
Intentional poisoning/narcotics

The fastest-growing reasons people seek emergency care

	2018–19 ADMISSIONS	2023–24 ADMISSIONS	% CHANGE 0 50 100 150 200
	1,418	4,094	+179.8%
	40,881	103,295	+144.9%
	26	65	+142.4%
	325	775	+131.2%
	323	764	+129.3%
	2,060	4,430	+108.5%
	196	420	+107.7%

fastest-growing nonmedical reasons people seek emergency care

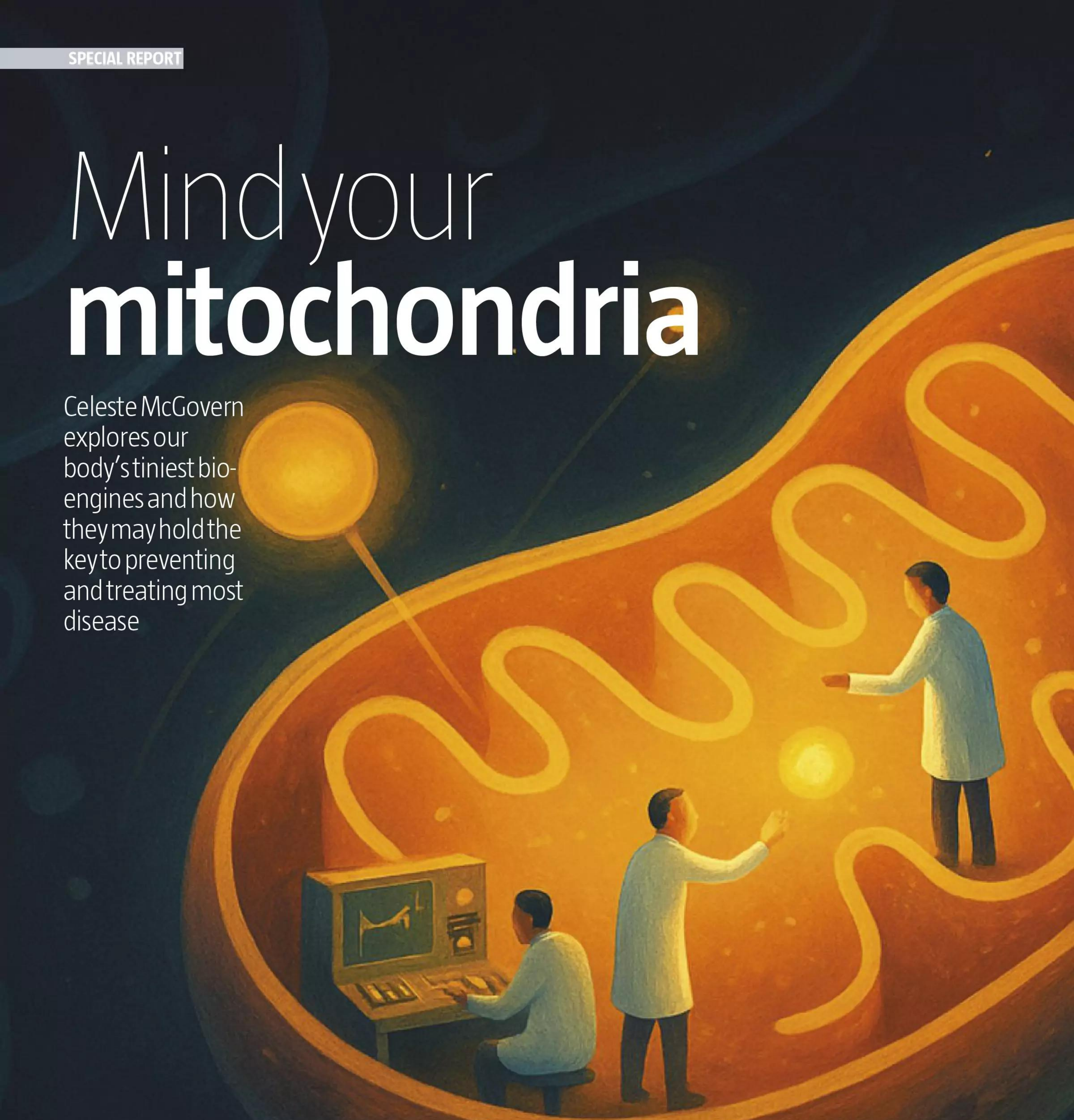
	2018–19 ADMISSIONS	2023–24 ADMISSIONS	% CHANGE 0 50 100 150 200
	70	230	+218.5%
	16	48	+190.8%
	376	717	+84.9%

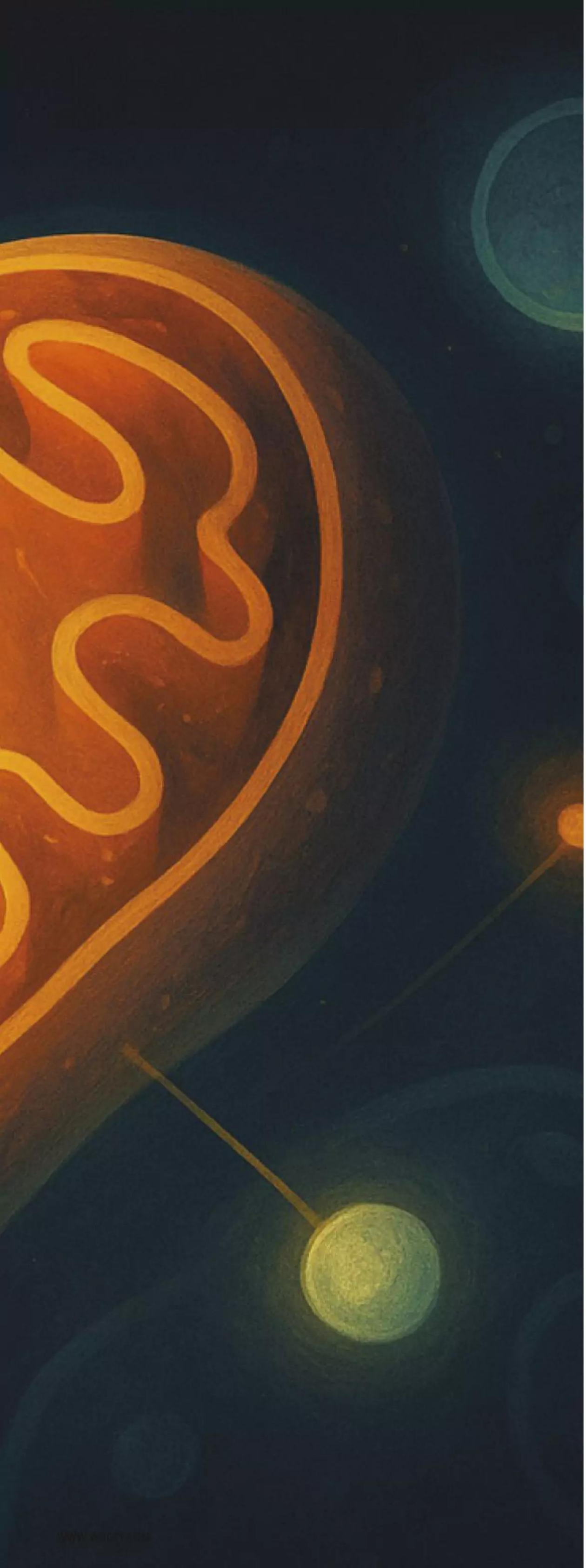
The biggest reductions in emergency care admissions

	2018–19 ADMISSIONS	2023–24 ADMISSIONS	% CHANGE 0 -25 -50 -75 -100
	216	0	-100%
	103	41	-60.2%
	53	24	-56.1%
	59	27	-55.6%
	449	218	-52.9%
	31,778	16,644	-49.2%
	125	66	-48.8%
	12,298	6,499	-48.8%

Mind your **mitochondria**

Celeste McGovern explores our body's tiniest bio-engines and how they may hold the key to preventing and treating most disease





When we think about our health, most of us tend to picture the big organs—the heart vigorously pumping blood, the lungs drawing in oxygen, the stomach digesting food and the brain ceaselessly orchestrating it all with electrical impulses.

If we could zoom in past the membranes and fluids, down to the machinery of the cells that keep us running, however, we'd find tiny bean-shaped structures working tirelessly to keep us alive. These microscopic engines, called mitochondria, are often described as the "powerhouses" of the cell, but it turns out they do far more than combine our food with the oxygen we breathe to create the energy of life.

Besides fueling every action in the body, from breathing and blinking to moving and thinking—an astonishing feat in itself—an explosion of new research is showing that mitochondria are perhaps the most important players in determining how we age and how likely we are to develop chronic conditions like heart disease, cancer and dementia. What's more, we can influence our mitochondrial health to stave off, and treat, disease.

For decades, mitochondria have been viewed as just energy generators for cells, conducting a process called oxidative phosphorylation to churn nutrients into ATP, the cellular currency molecule that powers everything from muscle contraction to brain signaling.

Our bodies are packed with mitochondria. Each of our cells contains anywhere from dozens to millions of these microscopic organelles, depending on its energy demands. Heart, muscle and brain cells, which work nonstop, are saturated with them. A single neuron can have as many as 2 million mitochondria chugging away inside to generate the energy for thoughts, memories or other functions.

More than powerhouses

What do mitochondria do beyond energy production? It turns out they also function as a sort of cellular command center. As microscopic antennas, they monitor the environment both inside and outside our bodies. They sense our nutrient supplies, stress levels and toxin exposures and then send signals that influence hormone production, immune system and inflammatory responses.

Mitochondria help control how cells grow, repair and even self-destruct—in a process called apoptosis—for the good of the body when they're too damaged to function properly.

Thus, mitochondria underlie every aspect of human health, and when they're functioning well, the system hums. They don't just keep us alive from day to day. They may determine how long we live, how well we age and how vulnerable we are to disease.

"Mitochondria really are the fulcrum of health, the drivers of health and disease," says Kristina Kristen, health researcher and author of *Beyond Just Genes: Welcome to the Energetic Revolution!* (KristinaKristinWellness, 2025). "They are our bio-engines.

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We understand the importance of the engines in our cars, but somehow we've overlooked the importance of our own engines, our mitochondria.

"The difference between a living human being and a cadaver is energy," she says, "and that energy is from the mitochondria." Mitochondria, in essence, are the life force.

It's interesting that mitochondria even have their own DNA, passed from mothers to offspring—a unique and exclusively maternal inheritance of that life force.

"Mitochondria are dynamic and give us the ability to sense and perceive, integrate information, adapt, and thrive," says Dr Martin Picard. He's an associate professor of behavioral medicine and the director of the Mitochondrial Psychobiology Group at Columbia University Irving Medical Center.

Picard coined the term *psychobiology* to describe the link between the human experience and molecular and energetic processes inside mitochondria. In short, it's the mysterious but powerful mind-body connection that medicine recognizes in placebos but has otherwise neglected.

Picard calls it the "mind-mitochondria connection"—the physiological mechanism that links negative experiences such as stress, trauma and loneliness to poor health outcomes such as cardiovascular disease (CVD), diabetes and decreased lifespan and links positive experiences to positive health outcomes.

"Recently our team found that during psychological stress, mitochondria release pieces of themselves that can be detected in blood and saliva," Picard says. These mitochondrial bits are a new biomarker for "psychosocial stress," linking mental and mitochondrial energetic stress.

"Mitochondria communicate states of threat or well-being," he adds.[1]

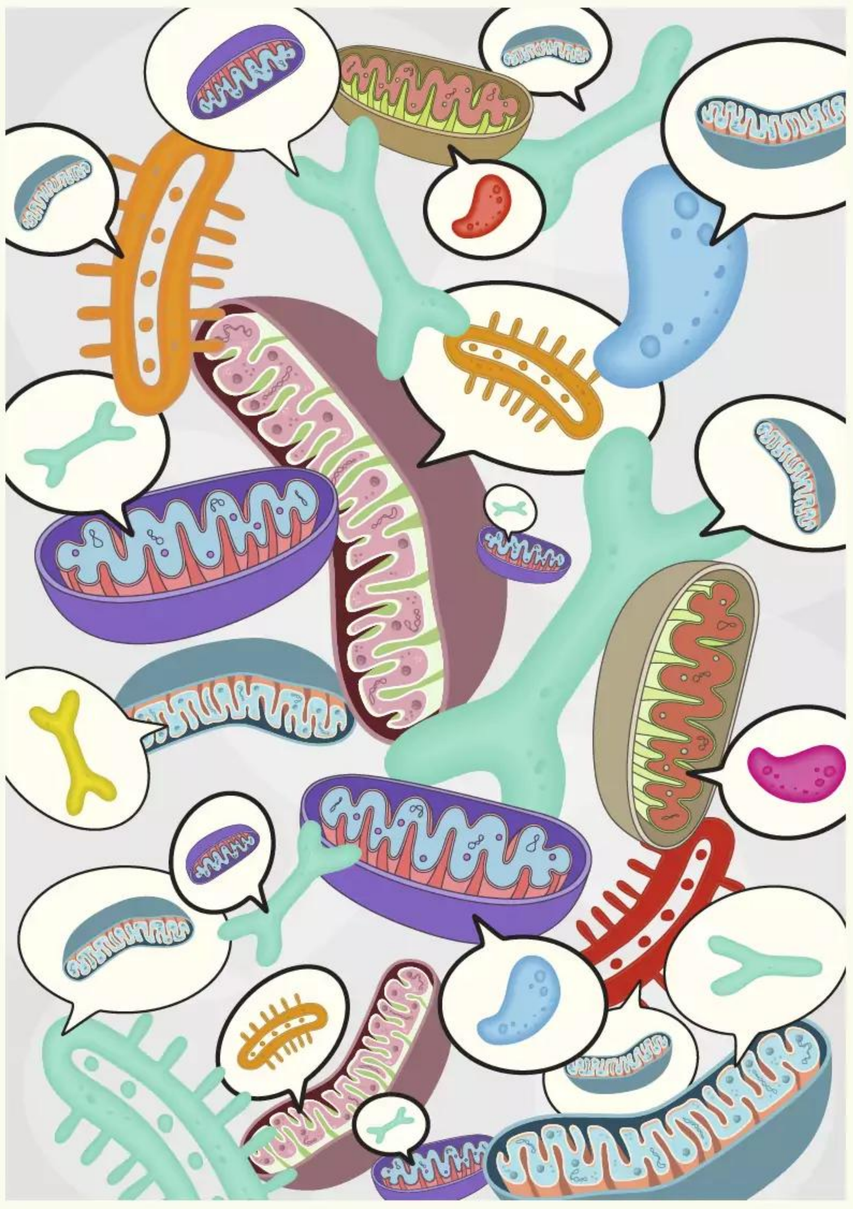
Picard's laboratory team has also identified novel membrane structures for mitochondrial communication, which demonstrate that human hair graying is reversible and is linked to life stress.[2] They show that our "good" and "bad" moods and chronic stress are connected to mitochondrial functioning and disease symptoms.[3]

More than just psychological thermostats, mitochondria are seen as a common thread in the most critical diseases of our day. A growing pile of research links mitochondrial dysfunction to heart disease, cancer, diabetes, and Alzheimer's and Parkinson's diseases. It even attributes mental illnesses including depression, anxiety and schizophrenia to the problem.

Mitochondria and the gut microbiome: a surprising connection

Another frontier is the connection between mitochondria and the trillions of microbes living in our gut. Recent research points to shared signaling between them, such as by producing short-chain fatty acid molecules, in which gut bacteria "talk" and mitochondria "listen"—and vice versa.

This microbe-mitochondria crosstalk opens doors to new therapies via diet, probiotics and fecal transfers, which might influence the "discussion" with improvements for patients.



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The hallmark of neurodegeneration

In one headline-grabbing study last August, for example, scientists reported that they could reverse dementia-like memory loss in mice by supercharging the mitochondrial activity in their damaged brain cells.[4]

Impaired mitochondria in brain cells—some of the most energy-hungry cells in the body—have been seen as a hallmark of diseases like Alzheimer's, Parkinson's and Huntington's for years. But before this study, it wasn't certain whether they were a cause or consequence of the conditions.

It's "the first to establish a cause-and-effect link between mitochondrial dysfunction and symptoms related to neurodegenerative diseases, suggesting that impaired mitochondrial activity could be at the origin of the onset of neuronal degeneration," says Giovanni Marsicano, a neuroscientist at the French National Institute of Health and Medical Research (INSERM).

Mental health: disturbed brain energy

Even psychiatric conditions seem to have mitochondrial disruption as a trigger. The brain's mood-regulating circuits and cognitive functions require huge amounts of energy, and research suggests that mitochondrial abnormalities can contribute to altered function and stress resilience.[5]

Last year, researchers from 15 medical centers, including Dr Picard's lab, published the first-ever platform to map the mind-mitochondria connection. They examined over 700 sections of the human brain to see how mitochondria specialize throughout the brain architecture and in different types of brain cells. Their findings have implications in research on cognitive decline, neurodegenerative diseases and psychiatric disorders like depression, bipolar disorder and schizophrenia.[6]

The prevailing chemical and neurotransmitter paradigm of psychiatry that underlies ineffective and dangerous drug treatments like antidepressants, anxiolytics and anti-psychotics is crumbling. And a new field, "metabolic psychiatry"—which is really a mitochondrial view of mental illness—is emerging.

A review paper by 39 researchers in nine countries states that "brain function is critically dependent on energy metabolism" and that "major aberrations exist in brain bioenergetics in neuropsychiatric disorders." They suggest using treatments that target these

conditions metabolically—in other words, at the mitochondrial level.

For example, they note that the metabolically adaptive ketogenic diet has been far more successful in treating seizure activity than traditional drugs and has recently been adopted for disorders including anxiety, depression and schizophrenia. Such metabolic and mitochondrial therapies will have to be explored to meet the "large unmet need" for successful treatments in psychiatry, they say.[7]

Cancer: rogue mitochondria

Despite huge spending and research into cancer, it continues to claim more lives year on year and now outstrips cardiovascular death in some countries.

By definition, cancer is uncontrolled cell division, a process that mitochondria regulate. "Cancer involves chronic damage to the number, structure and function of mitochondria," says Dr Thomas Seyfried, a professor of biology, genetics and biochemistry at Boston College and one of the world's loudest voices against the prevailing genetic theory of cancer.

Cancer-causing damage to mitochondria arises from diet and lifestyle factors, says Seyfried, along with radiation, chronic inflammation, toxic chemicals, inherited mutations and aging.

These damage mitochondrial cell walls and gradually disrupt energy production, causing the cell to switch to the ancient fermentation pathways that are a hallmark of all cancer types. Deprive cancer cells of the glucose and glutamine at the foundation of these pathways (via a ketogenic diet, for example), he says, and cancer starves to death.

It's not a new theory—Otto Warburg won the Nobel Prize for it in the 1920s—but it has largely been neglected by mainstream medicine, which has long considered cancer a genetic disease characterized by a myriad of mutations that drive cancer progression.[8]

Now, mounting evidence suggests the dysregulated metabolism in cancer cells is more than a hallmark; it's the underlying cause. A 2025 review found gene mutations don't cause the distorted metabolic state in cancer, which affects glucose, glutamine and fatty acid metabolism. They only maintain it, it argues. This theory may lead to more effective and less toxic cancer therapies.[9]

Heart disease and metabolic syndrome: faltering energy supply

Next to the brain, the heart is one of the most energy-hungry organs in the body, relying heavily on mitochondria to keep its constant rhythm. When mitochondrial function declines, heart muscle cells struggle to contract efficiently. For years, research has linked mitochondrial dysfunction to heart failure and ischemic heart disease, in which the heart is starved of oxygen and energy.[10]

CVD is often associated with diabetes, and the two may start the same way—with how our bodies process glucose and fats. Mitochondria are central to that process, and their efficiency is often impaired, leading to insulin resistance, lower energy production and more fat accumulation in tissues. The result is a vicious cycle: Poor mitochondrial function worsens insulin resistance, which further stresses the mitochondria.[11]

Ironically, many of the drugs most widely used to treat the growing epidemic of chronic illnesses today, such as statins (see box, page 33), are toxic to our mitochondria; the damage often starts with disrupting their glucose-handling mechanisms. Drugs harm the mitochondria through myriad pathways, including disrupting and swelling their membranes, blocking their function and/or directly damaging their DNA.[12]

Lifestyle medicine for your mitochondria

When mitochondria can't produce enough ATP—or when they produce too many free radicals, causing oxidative stress—the body begins to stumble. Over months and years, that stumbling eventually leads to chronic illness.

In a world full of chemical and food toxins, where even medicines are harmful, what can we do to protect our mitochondrial engines? Research shows it's the small everyday choices that can slow or even reverse the damaging mitochondrial processes.

"The overarching principle is that in everything you do—how much you move, what you put in your mouth, what you put on your skin—you can ask, Does it nourish my mitochondria, or does it damage them?" says Kristen. Under this overarching principle, Kristin puts the following five pillars of mitochondrial health.

1. Good eating habits for mitochondrial resilience

Every bite we take ultimately becomes raw material for mitochondria. Diets rich in whole, unprocessed foods—especially colorful fruits and vegetables—provide antioxidants and polyphenols that help neutralize oxidative stress.

Compounds such as quercetin (in apples and onions), resveratrol (in grapes and berries) and curcumin (in turmeric) have all been shown to support mitochondrial resilience.[13]

Omega-3 fatty acids from fish, flax and walnuts also enhance mitochondrial membranes, making them more efficient energy producers.[14]

Not surprisingly, the Mediterranean diet, which has all these ingredients, is a favorite of Kristen's. "By calming inflammation and improving metabolic flexibility, it creates the ideal internal environment for mitochondria to thrive," she says, citing research consistently showing it leads

to better cardiovascular health, a lower incidence of diabetes and improved mitochondrial markers.[15]

The Mediterranean diet is "the normal diet for most of the time humans evolved," says Columbia's Dr Picard. That is, it's what we ate before the modern Western diet of highly processed foods, sugar and trans fats came along to clog up the mitochondrial works, leading to rampant impaired function.

"What we know for sure, though, is that not eating too much is good for your mitochondria," adds Picard. "Being hungry once in a while via intermittent fasting, alternate-day fasting, one meal a day or other methods is probably extremely good for our mitochondria."

By giving cells periods of rest from constant calorie supply, mitochondria can shift into "repair mode," cleaning up damaged components (mitophagy) and generating new ones (mitochondrial biogenesis). Fasting promotes mitochondrial biogenesis and reduces oxidative stress.[16]

That, he adds, may be why the ketogenic diet has been demonstrated to be the most effective therapy for seizures and why there are so many anecdotes about dramatic recovery from metabolic and mental illnesses on the medical ketogenic diet. Its low carbohydrate and high fat content mimic the effects of long-term fasting without the downside of starvation.

"By shifting the body's primary fuel source from glucose to ketone bodies (primarily beta-hydroxybutyrate), the ketogenic state offers mitochondria a cleaner-burning, more efficient substrate," says Kristen.

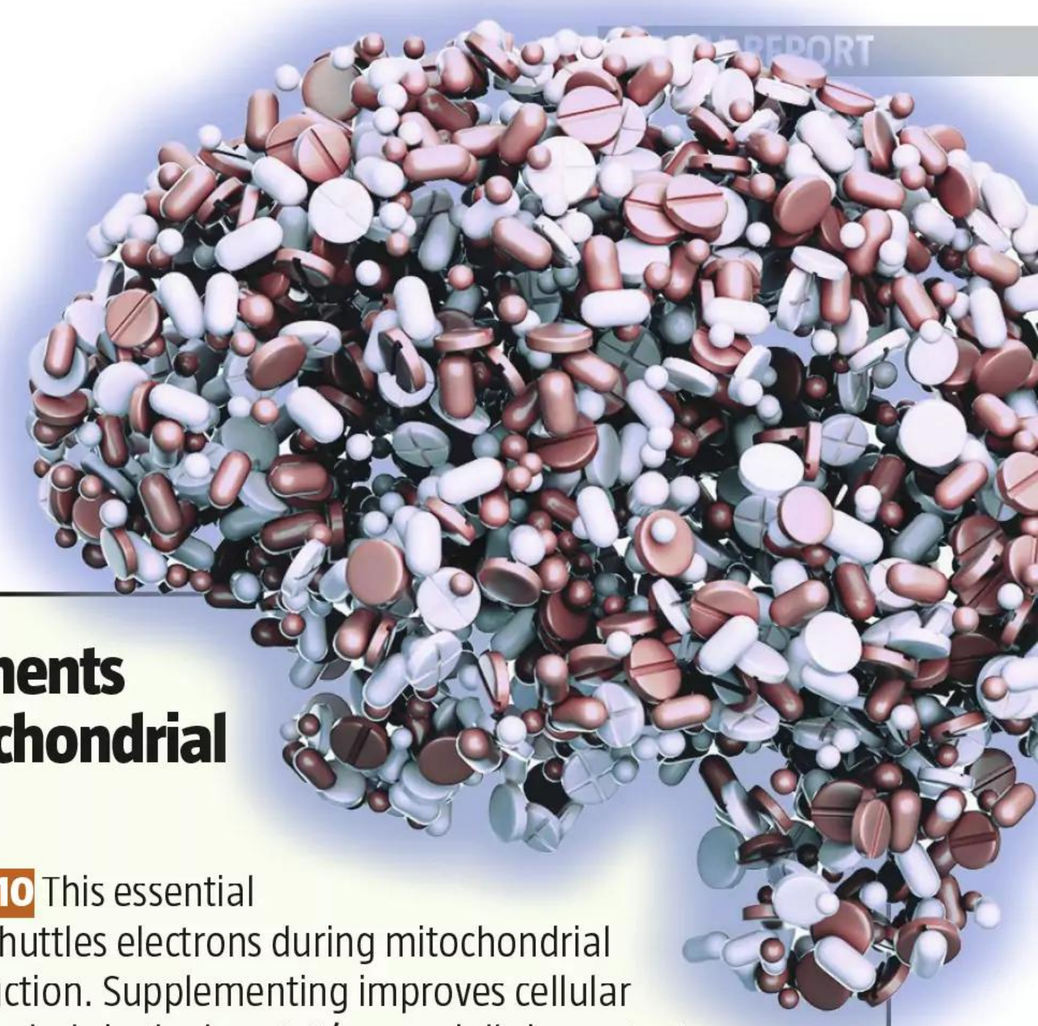
Compared to glucose metabolism, ketone oxidation produces fewer reactive oxygen species, which can be especially helpful in the brain, where mitochondrial dysfunction is linked to neurodegenerative diseases and psychotic states. Besides being a cleaner-burning fuel, ketones readily cross the blood-brain barrier and trigger neuroprotective pathways involved in autophagy (cell cleanup) and the growth of new mitochondria.[17]

2. Exercise for mitochondrial strength

If there's a single activity that supercharges mitochondria, it's exercise. Physical activity stimulates cells to make more mitochondria (mitochondrial biogenesis). That's like installing extra power stations at the cellular level, improving both endurance and overall resilience.

Aerobic activities such as walking, running and cycling are especially effective at boosting mitochondrial number and efficiency. Resistance training, on the other hand, helps maintain muscle mitochondria, which decline naturally with age.[18]

Even short bursts of high-intensity activity have been shown to spark mitochondrial growth. You don't need to run marathons to get benefits.



Supplements for mitochondrial health

Coenzyme Q10 This essential antioxidant shuttles electrons during mitochondrial energy production. Supplementing improves cellular output, particularly in the heart. It's especially important for those taking statins, which deplete this enzyme.
Suggested dosage: 100–300 mg daily

Acetyl-L-carnitine Needed to transport essential fatty acids across the mitochondrial membrane. It can boost mitochondrial function in brain cells to improve mental clarity and recall as well as increase fat-burning during exercise.
Suggested dosage: 500–2,000 mg daily

Alpha-lipoic acid This potent antioxidant required for metabolism may enhance mitochondrial function and insulin sensitivity.
Suggested dosage: 300–600 mg daily

Pyrroloquinoline quinone A redox cofactor that increases the number of mitochondria in cells and boosts energy metabolism. Supplementing may increase your focus and stamina.
Suggested dosage: 10–20 mg daily

B vitamins A B-complex with at least 50–100 mg of B1, B2, B3 and B5, plus appropriate levels of B6, B7 (biotin), B9 (folate), and B12, supports all facets of mitochondrial metabolism. Look for methylated B9 and B12 to ensure the body can use it.
Suggested dosage: Choose a high-quality complex and follow label instructions

Magnesium Required to make every ATP molecule and for more than 300 enzymatic reactions in the body. Since even a mild deficiency can cause fatigue, headache and other symptoms, supplementing often alleviates muscle cramps, improves sleep and boosts energy (see page 64 for some quality supplements).
Suggested dosage: 200–400 mg daily as malate, glycinate or citrate

Creatine Known for increasing strength in athletes and for its neuroprotective properties, creatine is stored in muscles and the brain as creatine phosphate, where it rapidly donates a phosphate, boosting energy support during high demand.
Suggested dosage: 3–5 g daily

NAD+ boosters Levels of an enzyme necessary for metabolic function, nicotinamide adenine dinucleotide (NAD+), decline with age. A nicotinamide riboside (NR, a form of vitamin B3) supplement has been shown to raise NAD+ in humans. Early research suggests it may have similar benefits to fasting and calorie restriction, enhancing muscle endurance.
Suggested dosage: 250–500 mg daily

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"Being out of breath is very healthy for our mitochondria," says Dr Picard. "Any type of movement—walking, running, having sex—increases our breathing rate. To everything we do that requires more energy, the body responds with healthier mitochondria."

3. Sleep for mitochondrial restoration

When you drift off at night, your mitochondria get to work repairing and restoring themselves.[19] Sleep deprivation, on the other hand, interferes with this process, leading to reduced energy production and increased oxidative stress. Disrupted sleep contributes to chronic conditions like obesity, neurodegeneration and diabetes.

New research from Oxford University shows it's mitochondria in brain cells that trigger sleep onset in sleep-deprived fruit flies, and humans may have the same mechanism.[20] So, mitochondria may be at the heart of sleep disorders like insomnia too. Our mitochondria need rest as much as we do.

4. Stress relief for mitochondrial efficiency

"States of mind are deeply connected to the way energy flows in the body," says Dr Picard. Positive psychological states, such as feeling connected to others or having a sense of purpose, have positive effects on mitochondrial efficiency, and negative psychological states, such as fear or grief, elevate cortisol and inflammatory signals that can damage mitochondria.

In one study, Picard found women who reported feeling the most positive in the evening had mitochondria with 16–18 percent more energy the next morning than those who said they were in the most negative psychological state the night before.[21]

Over time, his research has shown, chronic stress recalibrates the mitochondria so they produce less energy. This change leads to fatigue, immune dysfunction and accelerated aging,[22] like turning your hair gray.[7]

Practices that calm the nervous system—such as mindfulness meditation, yoga and deep breathing—have been shown to lower stress hormones and improve mitochondrial function.

5. Toxin avoidance for mitochondrial protection

Apart from the drugs discussed above, our environment is plagued with chemicals that disrupt mitochondria in myriad ways. Kristina Kristen offers some tips to minimize the environmental harm to our bio-engines.

Prioritize organic food Pesticides like organophosphates disrupt mitochondrial enzymes.

Eliminate processed foods These are linked to oxidative stress, inflammation and microbiome disruption, which impair mitochondrial function.

Our mitochondria have a drug problem

The West is drowning in a flood of chronic disease caused by mitochondrial damage. But ironically, the statin drugs taken to reduce the risk of one of them, heart disease, have been shown to damage mitochondria. They're among the most prescribed pharmaceuticals in the world—200 million people take them globally, including one in four Americans and one in three UK residents over age 39.

One of the most common side effects of statin use is muscle weakness and pain (nicknamed SAMS, statin-associated muscle symptoms). That's because skeletal muscles are avid energy consumers too, and statins damage the mitochondria that fuel that consumption.[1]

It's a side effect that may be behind growing muscle weakness in the aging population.[2] But it's not the only side effect of statin-induced mitochondrial dysfunction.

The trade-off for the heart-protective effects of lipid-lowering statins may be another metabolic (and heart-risky) disorder, such as type 2 diabetes onset "as a result of interference with mitochondrial pathways by various mechanisms," according to a 2021 study.[3]

One of those affected pathways involves the depletion of coenzyme Q10, a cofactor in the mitochondrial electron transport chain. Supplementing with CoQ10 (listed in the box on page 31) has become common to counter muscle effects of statins and chronic fatigue.

Although some research has reported that supplements do not fix the problem,[4] more recent trials have found that supplementing CoQ10 does increase muscle strength in those taking statins.[5]

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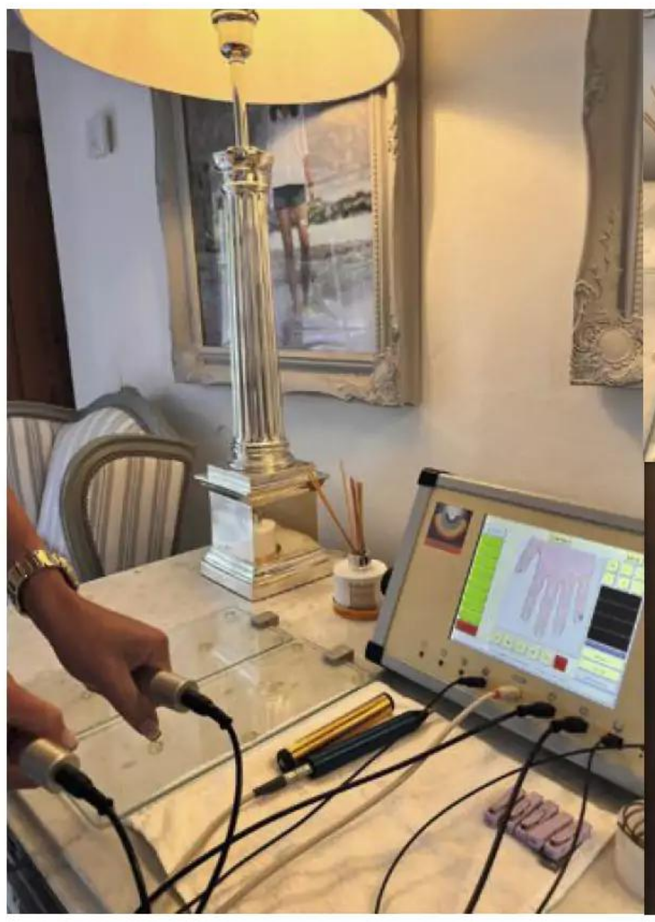

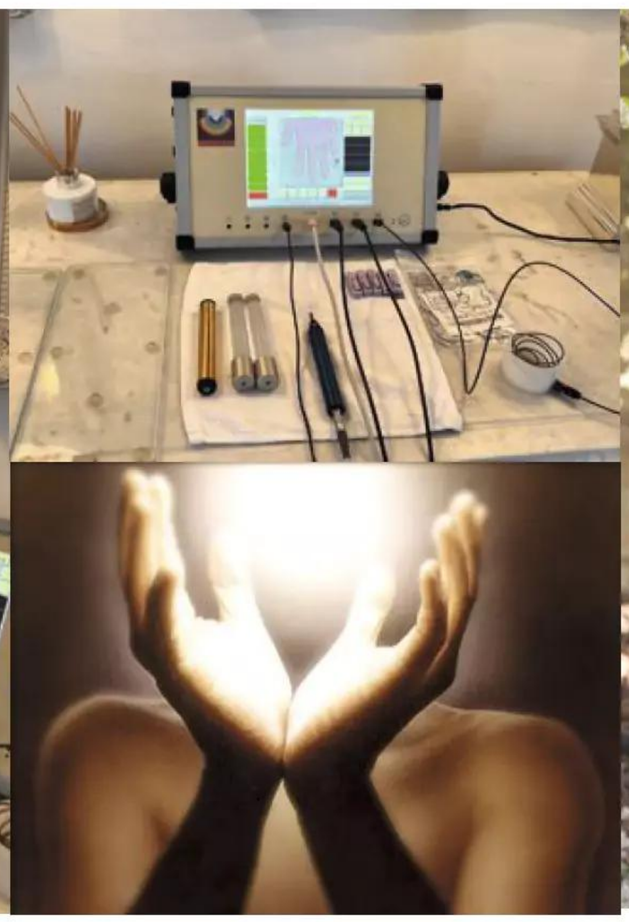

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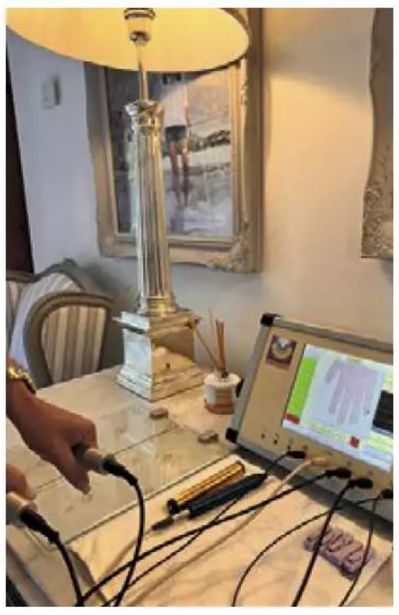

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Avoid plastics Take special care to avoid using plastics when heating food. BPA and phthalates leach into food and accumulate in fat tissue.

Avoid heavy metals Metals like mercury (in vaccines and dental amalgams) and lead are toxic to the mitochondria.

Use clean personal care products Fragrance, parabens and aluminum-based compounds are common mitochondrial disruptors.

Drink less and never smoke Both impair mitochondrial function and increase oxidative stress.

Reduce EMF exposure While more research is needed, some studies suggest EMFs may disrupt mitochondrial calcium signaling and function.

Fight Covid spike proteins Recent research indicates that both the spike protein from the SARS-CoV-2 virus and the spike protein produced by mRNA vaccines can significantly damage mitochondrial function. Studies show that exposure to the spike protein is linked to mitochondrial dysfunction, with an impact on cellular energy production.[1]

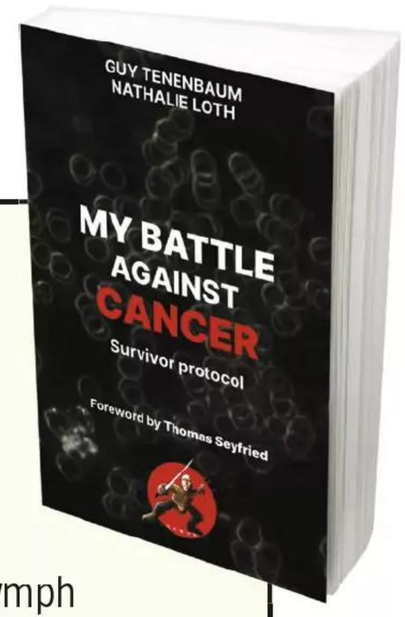
If you've had Covid or an mRNA Covid vaccine, a combination of nattokinase, bromelain and curcumin has been shown to degrade spike proteins and reverse many of their effects (see *WDDTY* July/August 2023 and September 2021 for more details).

Limit apex predator fish These species, which include tuna, swordfish and shark, accumulate high mercury levels that impair mitochondrial enzymes and damage mitochondrial DNA.

Filter indoor air Use HEPA and VOC filters to reduce pollutants and mold spores.

Support detox pathways Beyond reducing input, support your mitochondria's capacity to neutralize toxins with nutritional cofactors (see box, page 31). Infrared saunas and sweating also help eliminate fat-soluble toxins through the skin.

Guy's story



Guy Tenenbaum is one cancer survivor who is convinced he would not be alive if he hadn't learned to view the body energetically. In 2018, he was told that his prostate cancer had spread to his bones and lymph glands and was incurable. Over previous years, he'd already been diagnosed with type 2 diabetes, hypertension, high cholesterol, joint pain and psoriasis, and he was overweight.

On a YouTube channel (SurviveFromCancer), he began documenting the changes he made to his diet and lifestyle. After he adopted fasting and a ketogenic diet, he undertook every other mitochondria-focused therapy he could find.

He dropped weight, reversed all his other preexisting health conditions, saw his metastasized cancer disappear and dropped his prostate-specific antigen (PSA, a cancer marker) from a remarkably high 87 ng/mL to an almost undetectable and reassuring 0.01 ng/mL.

His book with Nathalie Loth, *My Battle Against Cancer: Survivor Protocol* (self-published, 2023) outlines his own metabolic cancer protocol. He's also been working with leaders in the field, including Dr Seyfried, to back up his personal experience with science, publishing papers about how the keto diet affects cancer.[1]

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A new view of the body

"Instead of seeing ourselves as molecular machines, we should think of ourselves as energetic beings," Dr Picard explains. "The idea that sickness is because of broken things or mental illness, because your brain is broken or because you're deficient in a molecule—those are outdated perspectives.

"Once you start to see yourself energetically, you can feel how changeable your body is based on lifestyle factors, like what you eat and so on," he adds.

Viewing the body, health and disease more energetically also leads to energy-based therapies, one of the most promising of which is light, or photobiomodulation.

Once you start to see yourself energetically, you can feel how changeable your body is based on lifestyle factors

"Regular exposure to natural sunlight—especially in the morning—helps regulate circadian rhythms," says Kristen. It lowers cortisol, supports vitamin D synthesis, and enhances mitochondrial resilience by influencing melatonin and redox balance. (See page 42 to learn about ultraviolet light and healing.)

Red or near-infrared (low-level) light therapy harnesses specific light wavelengths, typically in the 660–850 nm range, to influence cellular behavior at the mitochondrial level. When light from this range hits a key mitochondrial enzyme called cytochrome C oxidase, it becomes more efficient at transferring electrons. The flow of electrons directly boosts ATP production, which gives cells more currency to spend on repair and to offset oxidative stress.[24]

Because red light targets mitochondria, it's used to treat an almost unbelievable menu of conditions, promoting tissue regeneration, wound healing and muscle recovery and ameliorating eye damage, skin conditions and cognitive impairment. As a noninvasive, drug-free therapy, it's the most hopeful of frontiers in mitochondrial medicine.

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Balancing acts

Too much estrogen and not enough progesterone can lead to all sorts of health problems for women, says Marcelle Pick. Here's her root-cause approach to healing this common hormonal imbalance naturally

I recently received a thank-you note from Lilly. She was so appreciative that I'd uncovered her estrogen dominance and helped her restore her hormonal balance.

In her note, Lilly mentioned that she hadn't initially believed estrogen dominance could have been the problem. After all, she said, she was going through perimenopause.

Being up half the night with hot flashes had been her norm for months. She was fighting exhaustion, snapping at everyone in her life and struggling with her weight. And weren't these all caused by the lower production of estrogen in this stage of her life?

That's a common misconception based on limited information. But estrogen dominance can affect women in any stage of life.

It's everywhere

I actually see a lot of perimenopausal women who are going through this imbalance. In fact, I'm seeing more and more estrogen dominance in my patients all the time.

Why? The female body relies on a complex symphony of hormones to function optimally, and estrogen is one of the most important and well known. But thanks to our modern environment filled with pesticides, chemicals, processed foods and constant stress (to name a few), we're facing an estrogen dominance problem like never before.

In fact, this problem has reached an all-time global high. It's affecting both women and men of all ages and in all stages of life, and even children, who are reaching puberty earlier and earlier.

I've often said balance is the most important factor when looking at hormones. A lot of the time, the level of one hormone is a lot less important than the ratios between different hormones that are meant to work together and balance each other.

This is exactly what happens in estrogen dominance. Often, estrogen levels are high. But estrogen dominance can cause a problem even when estrogen levels are low or moderate if they're not properly in balance with other hormones (which, for women, mainly relates to progesterone levels).

Estrogen dominance can cause a host of frustrating symptoms, from fatigue to weight gain to low sex drive (see box, page 39). Left unresolved, it can also lead to autoimmune disease, endometriosis, depression and some kinds of cancer.

When you realize just how many different substances in our water, air, food supply and everyday products have the power to disrupt your hormonal balance, it can feel a little scary. But the good news is that we can still make choices every day that will help to limit our exposure.

And, when we also understand the internal factors and imbalances that can lead to estrogen dominance, we can develop an even more powerful set of tools for restoring balance and healing.

Uncovering root causes

For most women with estrogen dominance, usually a combination of different factors leads to it rather than just one specific thing. It's vital to look at the problem from all angles when tackling this (or any) hormonal imbalance to achieve the best results.

One main root cause of estrogen dominance is xenoestrogens, external substances mimicking estrogen that we're exposed to in our environment, including the air we breathe, the water we drink and the food we eat.

Learning about common sources of xenoestrogen exposure and what to avoid makes a huge difference. But we can't think about outside factors alone; we also have to consider what's going on internally. If we're producing too much estrogen or (as is often the case) not enough progesterone, the problem will persist no matter how many external estrogen sources we address.

A lot of women I work with who have estrogen dominance have adrenal fatigue due to chronic stress. When the adrenal glands are working overtime to produce cortisol, as they are in adrenal fatigue, they end up producing less progesterone (see my column in *WDDTY* October 2025). It creates the perfect environment for estrogen dominance to develop.

Finally, we have to look at how well our bodies are dealing with any excess estrogen. Are our detox and elimination pathways allowing us to clear it out effectively? This is a huge piece of the puzzle too.

I know it can sound complicated, but I've broken it down into four key areas to address to heal from estrogen dominance and restore balance naturally:

1. Reduce exposure to external sources of estrogens/xenoestrogens
2. Balance hormone production
3. Support detoxification pathways
4. Support healthy elimination

Estrogen dominance can cause a host of frustrating symptoms, like fatigue, weight gain and low sex drive. It can also lead to autoimmune disease, endometriosis, depression and some kinds of cancer

The best balancing diet

The right diet can do wonders when it comes to balancing hormones and healing from estrogen dominance. In fact, the right diet can hit on all four of the keys to healing we just talked about.

The best diet for estrogen dominance, and for overall health, incorporates a variety of fresh, whole foods. A few specific types can be especially helpful. Here are some tips for putting together your estrogen dominance healing diet.

Include these foods:

Brassica vegetables Vegetables from this family are natural sources of the compounds indole-3-carbinol and diindolylmethane, which help to regulate estrogen production and support detoxification. Great choices include broccoli, cauliflower, cabbage, bok choy and turnips.

Healthy fats Omega 3-rich foods like wild-caught fish, nuts, seeds, avocado and olive oil help to balance and support hormonal health.

High-fiber foods Most of us are not eating nearly enough fiber. We need fiber for healthy elimination of excess estrogen and overall well-being. Some great sources include oatmeal, oat bran, pears, broccoli, lentils and flaxseeds.

Probiotic-rich foods Fermented foods like kimchi, sauerkraut and kombucha are naturally rich in probiotics (healthy bacteria for the gut). These good-guy germs can help to sort out any microbiome imbalances that may be contributing to estrogen dominance.

Lots of filtered water Drinking lots of water every day will help you detoxify from excess estrogen. Make sure to choose pure, filtered water to avoid introducing new xenoestrogens into the mix. Also consider getting a filter for your shower to stop exposure to chlorine.

On the other hand, it's best to avoid these foods:

Conventional meat and dairy Non-organic sources of meat and animal products generally contain pesticides and growth hormones, both of which can disrupt hormonal balance and contribute to estrogen dominance. Choose grass-fed, free-range, organic sources when possible.

Processed foods Products with additives, refined carbohydrates and added sugars (or sugar substitutes; see page 15) are non-foods that play a role in hormonal imbalance and estrogen dominance. Choose real, whole foods instead.

Excess alcohol When the liver is busy detoxifying from alcohol, it has less time and energy to deal with excess estrogen and other toxins that contribute to hormonal imbalances.

Excess caffeine You don't necessarily need to give up coffee entirely, but excess caffeine plays a big role in adrenal fatigue, a common cause of estrogen dominance.

Other natural treatments

Beyond diet, there are all kinds of things you can do to naturally rebalance your hormones. Here are some of the most effective strategies.

Sweat Sweating is such an important method of detoxification. There are all kinds of fun and healing ways to get sweaty, from vigorous exercise to hot yoga classes to regular sessions in a sauna. Find a way to work sweating into your regular routine.

Manage stress If you don't get to the root of what's causing chronic stress or adrenal dysfunction, estrogen dominance is likely to persist. Remember, excessive cortisol production leads to limited progesterone production.

Look into how you can reduce excessive stress (see my column in the October 2025 issue of *WDDTY*). Also speak with your functional medicine practitioner about investigating any underlying adrenal fatigue.

It's important to find ways to practice mindfulness, relaxation and self-care as well. Try yoga, meditation, walks in nature, bubble baths, reading—anything that makes you feel at peace.

Choose healthier products Be mindful of ingredients in makeup, skin and hair cleansers, household cleaning solutions and other products. Anything that goes on your skin can get absorbed, and fumes can be absorbed in the nose and lungs.

Women are often shocked when they learn how many of the products we use every day are filled with xenoestrogens and other toxins that are known to disrupt hormonal balance. It's appalling how little these products and their ingredients are regulated.

Look for cleaning and personal care products that focus on transparency, sustainability and natural ingredients when possible. See the Environmental Working Group's Skin Deep database (ewg.org/skindeep) and Healthy Shopping in the July/August 2024 and April 2025 issues of *WDDTY* for tips on shopping for nontoxic products.

Consider supplements Several supplements can help to support and regulate estrogen metabolism. Here are the ones I often recommend. Just remember that it's always best to consult with a health practitioner who can suggest the supplements and dosages that are right for you based on your individual needs.

- Diindolylmethane
  Suggested dosage: 100–200 mg/day (based on hormone levels or symptoms)
- Alpha lipoic acid
  Suggested dosage: 600 mg/day
- Vitamin D3
  Suggested dosage: 2,000/IU day (ideally adjust based on tested vitamin D levels)
- Magnesium
  Suggested dosage: 200–300 mg/day
- Indole-3-carbinol
  Suggested dosage: 200–400 mg/day (based on hormone levels or symptoms)

These supplements may also be helpful for hormonal balance:

- Vitamin B6. This vitamin can help boost progesterone to balance excess estrogen in addition to supporting liver function for detoxification.
  Suggested dosage: 50–100 mg/day
- Probiotics. A healthy gut is vital for hormonal balance. Look for a supplement with a high number of colony-forming units (CFU) that contains both *Lactobacilli* and *Bifidobacteria*.
  Suggested dosage: Follow the label instructions

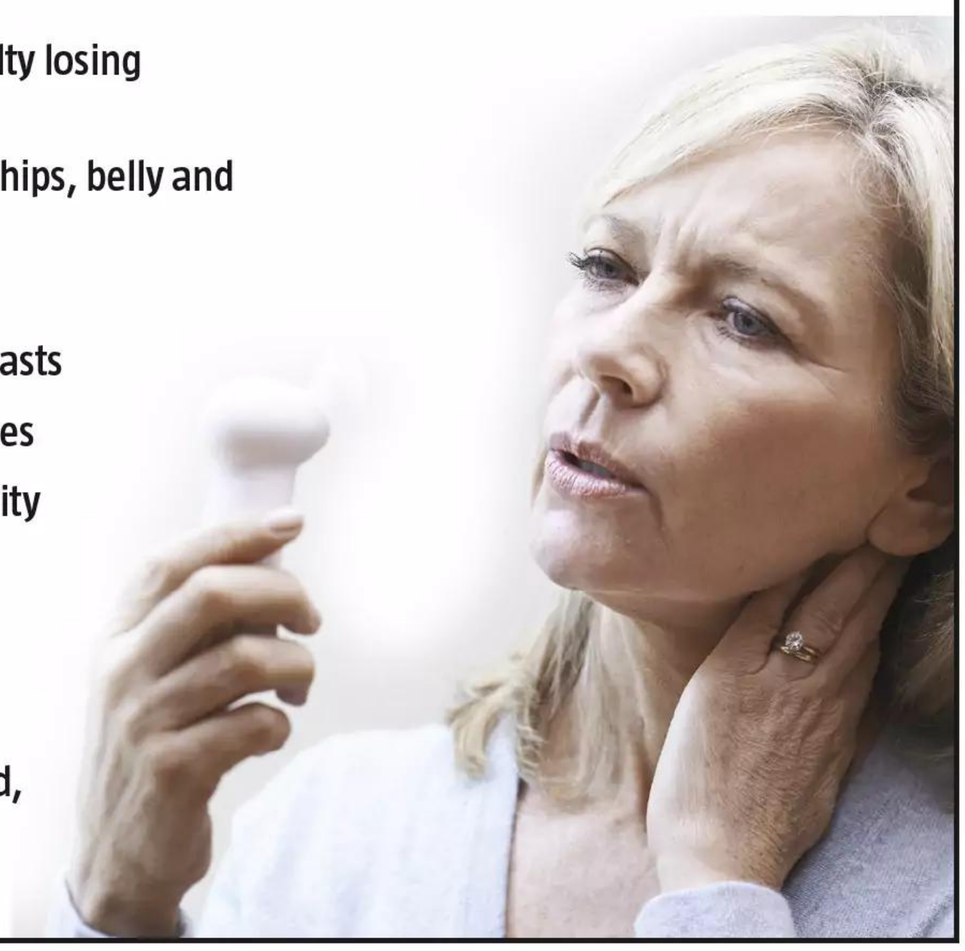
Find what's blocking weight loss

Excess fat and estrogen dominance are very closely linked, and they can feed into each other in a vicious cycle. Getting

Symptoms of estrogen dominance

Estrogen dominance can lead to any combination of the following:

- Fatigue
- Irregular, very heavy or very light periods
- Premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD), a severe form of PMS
- Decreased sex drive
- Weight gain or difficulty losing weight
- Excess fat around the hips, belly and thighs
- Low thyroid function
- Tender or swollen breasts
- Blood sugar imbalances
- Mood swings, irritability
- Infertility
- Bloating
- Headaches
- Depression, low mood, anxiety
- Fibrocystic breasts
- Dry skin
- Trouble concentrating, brain fog
- Diagnosis of endometriosis
- Diagnosis of an autoimmune condition
- Polycystic ovarian syndrome (PCOS)



to a healthy weight is extremely helpful for overcoming estrogen dominance, but estrogen dominance contributes to weight gain and weight loss resistance. It can be frustrating for many women.

That said, there might be other causes of weight loss resistance that can be tackled, such as adrenal fatigue or gut imbalances. Getting to the bottom of these can help to put an end to the cycle once and for all.

Exercise regularly Exercising helps to balance hormones and clear out excess estrogen by supporting liver function and detox, helping to regulate healthy elimination, and balancing blood sugar.

Boost lymphatic flow For optimal detoxification and functioning, work on stimulating the lymphatic system regularly. Deep breathing, stretching and drinking lots of water are a few of the simplest ways you can boost lymphatic system function.

Sleep well Aim for seven to nine hours of sleep every night. The body needs a full night of sleep to regulate hormones, repair imbalances and manage stress.

Try herbs Herbal treatments can be extremely helpful in healing from estrogen dominance. Some examples are milk thistle, dandelion root and burdock root, which help with elimination and detoxification, and chaste tree berry (also known as *Vitex agnus-castus*), which can help with progesterone production and overall hormonal balance. Speak with your practitioner about whether herbs might be right for you.

Avoid plastic Plastic that touches food in any way—water bottles, reusable food containers, plastic wrap—is likely introducing toxins and xenoestrogens like bisphenol A (BPA) into the body. The problem gets worse when plastic containers are frozen, microwaved or even just exposed to sunlight, so be cautious in these situations.

Switching to reusable glass or ceramic containers is much healthier for you and for the environment, and it's really a no-brainer at this point (see *WDDTY*'s guide to going plastic-free in the February 2024 issue).

Reconsider birth control Oral contraceptives and other hormonal birth control methods are notorious for wreaking havoc on hormonal balance. Not only do they lead to excess estrogen but many of them also introduce a synthetic form of progesterone into the body, which reduces the natural production of progesterone.

Many women use hormonal birth control for years. It's often casually prescribed to young girls and women to regulate heavy or painful periods and PCOS (polycystic ovarian syndrome), which are usually symptoms of estrogen dominance. If you're taking hormonal birth control, consider speaking with your doctor about other options.

Restoring balance naturally

All too often, healthcare providers jump to prescribing hormone therapies way too early when signs of hormonal imbalance arise. As Lilly found out, there's so much we can do to restore balance naturally.

My approach involves uncovering triggers of excess estrogen production and reduced progesterone production and eliminating external sources of xenoestrogens while supporting elimination and detoxification. This is how I've helped countless women—including Lilly—reverse the estrogen dominance that plagued them.

She was so grateful to feel vibrant and healthy once more that she just had to let me know. Keep the four keys in mind, and you'll also be in control of your hormones in no time.

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.

Rash decisions

Homeopath David Needleman shares his nine favorite remedies to soothe symptoms of shingles

We're constantly being bombarded with adverts encouraging us to get vaccinated for shingles, also known as herpes zoster, the viral infection caused by the same virus that causes chickenpox.

It's a particularly debilitating illness, especially in the elderly, as I can personally attest to. But there are a number of useful homeopathic remedies that can dramatically reduce the duration and intensity of the infection.

A bit about shingles

After a chickenpox infection, which many people get in childhood, the varicella-zoster virus that caused it lies dormant in the body. Years later, the virus can reactivate as shingles. The key symptom is a painful, blistery skin rash that almost always appears on one side of the body.

Anyone who's had chickenpox can develop shingles, but those over age 50 or with a weakened immune system—from medication, illness or stress, for example—are more likely to get it.

Shingles itself isn't contagious, but the virus that causes it can spread to anyone not immune to chickenpox, usually via direct contact with the fluid from an open or oozing shingles blister. In these cases, the person will develop chickenpox, not shingles.

Shingles typically lasts three to five weeks, but some people develop postherpetic neuralgia (PHN). This nerve pain strikes the site where the shingles rash was located, and it can persist for months or years after the rash has cleared up.

Remedies for shingles

The medical approach to shingles is to treat it with antiviral drugs like acyclovir, but homeopathy can be a safer and still effective treatment. Below are the most important and useful remedies that can make a difference to the duration and intensity of shingles, along with my number one remedy for PHN.

Nutritionally, it's a good idea to reduce foods containing arginine, such as nuts, seeds and chocolate, and increase foods containing lysine, such as fruits, vegetables and lean protein, which contain vitamins A, B12, C and E as well as zinc.

Symptoms of shingles

Shingles is usually described as a rash, but it's more accurately a series of vesicles—fluid-filled blisters—along the line of a nerve. The worst places to get shingles are in the eye or ear as these can lead to blindness or deafness.

Here are some of the common symptoms:

- Fluid-filled blisters on one side of the body
- Burning, itching and tingling sensations
- Nerve pain
- Reddened or discolored skin
- Headache
- Fever and chills
- Upset stomach
- General feeling of unwellness

Homeopathy can also help with preventing shingles. Seeing a homeopath on a regular basis and taking the right constitutional remedy (based on your unique characteristics and individual health profile) is an important step toward overall good health, along with eating well, staying hydrated, and getting enough exercise and sleep.

Single remedies

Arsenicum Album Choose this remedy if you have a burning, itchy rash with swellings that are dry, rough or scaly. The rash can also be ulcerous with offensive discharges. Generally, people who benefit from Arsenic Alb may have an icy coldness to the skin along with a high level of anxiety or stress and a fear of dying or being alone.

Iris Versicolor This remedy is useful for those suffering from the typical shingles symptoms alongside stomach problems such as flatulence, cramps, nausea, watery stools and a burning sensation in the anus.

If the infection affects the ear, there may be ringing in the ears accompanied by a roaring or buzzing sound in the head. Vertigo may also be a symptom.

Mercurius Solubilis This is the right remedy if your skin is moist rather than dry and your sweat is sticky and smelly. The typical shingles rash may be surrounded by pimples and be extremely crusty and itchy.

Generally, people who benefit from Merc Sol are very sensitive to changes in temperature. Moving from a warm room to a cooler one may feel like being in the Arctic, and moving from a cool room to a warmer one can feel like moving to the burning heat of a desert.

Mezereum Mezereum is indicated for those with intolerable itching that can also burn. Blisters can be shiny and fiery red at the center or have thick scabs. The rash pain is exacerbated by touch and damp weather and is also worse at night.

Natrum Muriaticum This remedy is useful for the emotional side of shingles rather than the physical one. It's particularly good for those who refuse to show their feelings of pain. Nat Mur is also the number one remedy for PHN.

Ranunculus Bulb This is often the first remedy prescribed for shingles when there is intense burning and itching at the site of the skin eruptions. It is named

The medical approach to shingles is to treat it with antiviral drugs like acyclovir, but homeopathy can be a safer and still effective treatment

in the homeopathic Materia Medica specifically for shingles. This remedy is ideal for rashes accompanied by pain.

Rhus Toxicodendron Reach for Rhus Tox if you have all the classic presentations of shingles alongside intense itching and restlessness. If you don't have feelings of restlessness, Rhus Tox is probably not right for you.

Suggested dosages: For all these single remedies, use 30C potency and take one dose three times a day until the vesicles have either scabbed over or dropped off. If taking Nat Mur for PHN, use until the pain is gone.

Combination remedies

Narayani Shingles Mix no. 98 This is a mixture of five remedies—Antimonium Tartaricum, Hypericum, Penmycin, Proteus and Variolinum—all in 200C potency. I've found it effective for shingles, and it can be taken alongside any other appropriate remedy or remedies.

Suggested dosage: One pill three times daily

Narayani Herpes Mix no. 60 This is a combination of six remedies—Natrum Carbonicum, Sabadilla, Sarsaparilla, Helleborus, Nat Mur and Rhus Tox—in 30C potency, designed to help with shingles, herpes, chickenpox, fever blisters or any other skin condition with blisters. Again, this remedy can be taken alongside any other remedies, including the Narayani Shingles Mix.

Suggested dosage: One pill three times daily

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

Light relief

Ultraviolet light therapy, known for thousands of years as a powerful healer, fell out of fashion with the rise of the drug industry but is now making a powerful comeback. Cate Montana investigates

Sunshine has long been understood to have curative powers. Hippocrates, the father of medicine himself, regularly included sunbaths as part of his therapy for a wide variety of health conditions.

In her work *Notes on Nursing: What It Is and What It Is Not*, published in 1859, Florence Nightingale famously stated, "It is the unqualified result of all my experience with the sick, that second only to their need of fresh air is their need of light . . . direct sun-light." Around the same time, "heliotherapy" became popular at spas in Europe when Swiss researchers accidentally discovered that sunlight had a powerful antibacterial effect.

In 1903, Danish physician and researcher Niels Ryberg Finsen was awarded the Nobel Prize in Medicine and Physiology for his theory of phototherapy treatment of skin diseases, which he used with a 98 percent success rate. In particular, he treated lupus vulgaris (tubercular skin lesions) by using focused light applications.

That the ultraviolet (UV) bandwidths of sunlight are the effective agent in treating infections wasn't discovered until the 1870s. In the early 20th century, Seattle researcher Emmett K. Knott experimented with UV light irradiation of blood taken from dogs infected with *Staphylococcus aureus* bacteria. Once he figured out the optimum light dosage and the optimum amount of blood to be irradiated and reinfused (5–7 percent of blood volume), all the dogs in the experiment survived the infection and showed no side effects post treatment.[i]

The first human experiment in UV blood irradiation (UVBI) took place in 1928. A septic patient dying from hemolytic streptococcus septicemia was treated with it as a last resort and not only survived but thrived.

After that, up until the 1950s, UV blood irradiation was increasingly used to treat infections—everything from septicemia to arthritis, pneumonia, tuberculosis and even polio. But when antibiotics became overwhelmingly useful and popular, UV light treatment waned.

Today, UV therapies including UVBI (also called photoluminescence therapy) are still popular in Europe and have been approved by the US Food and Drug Administration (FDA). However, they're not very well known in the US except among dermatologists—who use them to treat skin conditions such as eczema, psoriasis and vitiligo, a chronic autoimmune disorder causing loss of skin pigmentation.

> A lack of sun exposure leads to 340,000 deaths in the US and 480,000 in Europe every year. It results in cancer, cardiovascular disease, type 1 diabetes, hypertension, metabolic syndrome and more

And yet UV light therapy could well serve as an effective countermeasure to the epidemic of modern antibiotic resistance, estimated to be responsible for the death of 1 million people worldwide every year since 1990.[ii] The World Health Organization predicts this figure could rise to 10 million per year by 2050 (to learn more, see *WDDTY* October 2025).

In addition, it could well be the answer to accumulating evidence from health officials worldwide that a lack of sun exposure is responsible for approximately 340,000 deaths in the United States and 480,000 deaths in Europe every year. The deficiency results in cancer, cardiovascular disease, type 1 diabetes, hypertension, metabolic syndrome, multiple sclerosis and more. Studies aren't finding vitamin D supplements prevent any of these illnesses, so there may be more to sunlight's effects.[iii]

What is UV light?

Ultraviolet radiation forms only a small portion of the electromagnetic spectrum and has a wavelength of 10–400 nanometers (nm). These rays aren't visible—they're shorter than the wavelengths of visible light (400–700 nm) and longer than x-rays, which run between 10 nm and 10 picometers (pm).

UV radiation is divided into four distinct wavelength ranges:

- UVA, 320–400 nm
- UVB, 280–320 nm
- UVC, 200–280 nm
- VUV, 10–200 nm

Since UVA is the longest wavelength, it's also the least energetic. VUV (vacuum UV), the shortest wavelength, can't travel efficiently through air. It requires the creation of a vacuum environment, which is free of all matter including air, for various applications.

About 95 percent of UV light hitting the earth is UVA, which penetrates the thickest layer of the skin and is mostly responsible for skin aging. It can also contribute to certain skin cancers.

The other 5 percent is UVB, the part of UV light that causes sunburn and is directly linked to most skin cancers. Precursor molecules in the skin absorb these rays and then convert their energies into the vitamin D3 we need for calcium absorption and bone mineralization.

UVC, the most energetic form of UV radiation, is extremely harmful but completely filtered out by the atmosphere. Despite its lethality, it has powerful antimicrobial properties. It effectively reduces or even eliminates all pathogens—including SARS-CoV-2—if, for human use, optical filters block emissions above 230 nm (see box, page 46).[iv]

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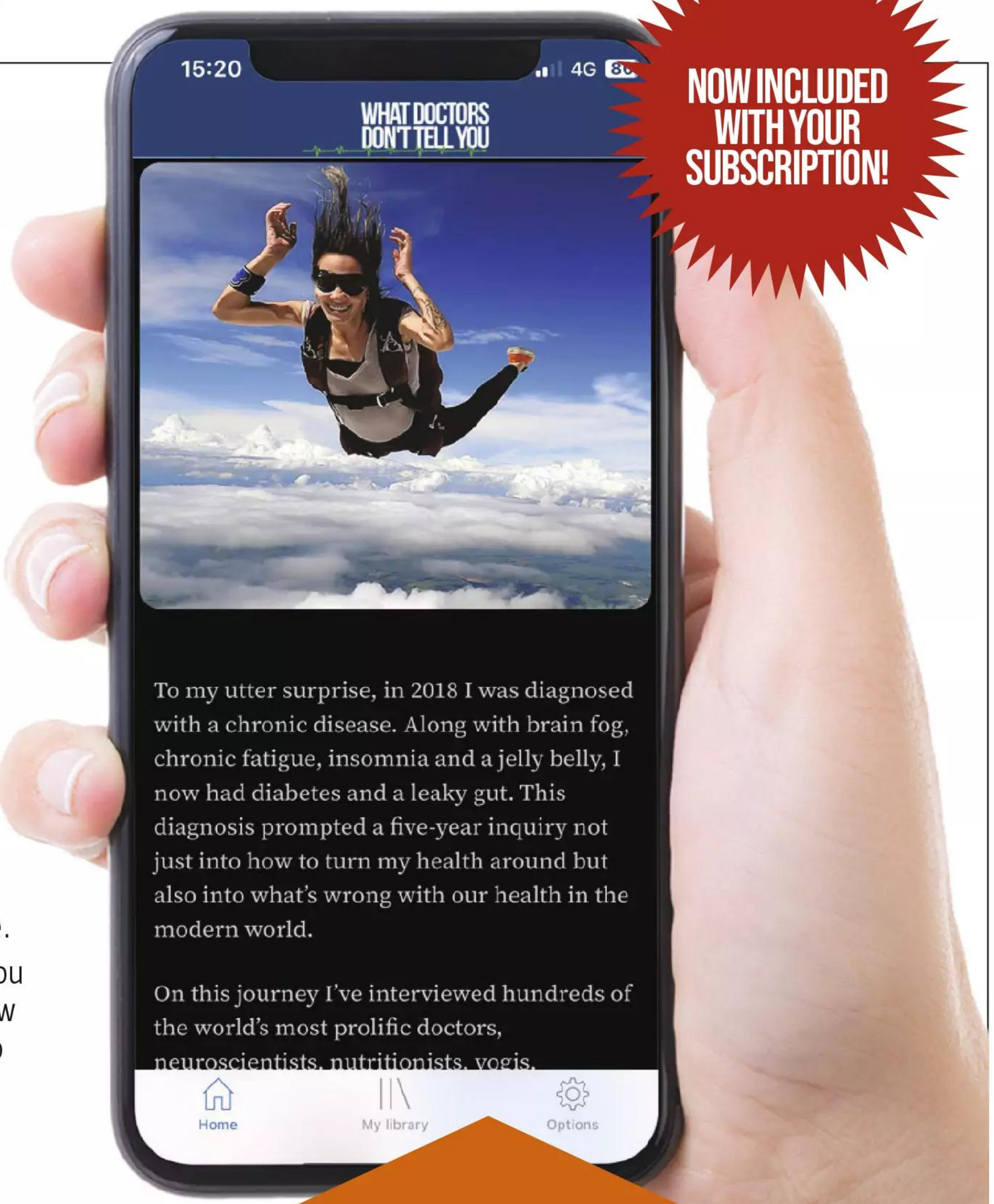

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How it works

Interestingly, bacteria and viruses in the bloodstream exposed to UV light absorb as much as five times more photonic energy than the white and red blood cells in the body. Pathogens literally come apart under this intense energy bombardment, which means the fragments of the dead infecting agents trigger a safe, autogenous (self-generating) vaccination-like response from the body that activates the immune system in a highly specific manner.

"UV light can cause the cell membranes of the pathogenic organisms to rupture," says Dr Howard Liebowitz, MD, clinical director of Liebowitz Longevity Medicine in Santa Monica, California (drhowardliebowitz.com). "So, you'll have a part of this organism that was encapsulated, and now it's ruptured open.

"The immune system now gets exposed to parts of the organism inside the cell rather than just what's on the surface. And that tends to boost the immunity in the body to react more strongly to the organism."

In other words, using UV therapy creates a one-two punch, killing infecting pathogens while stimulating the creation and delivery of needed antigens throughout the body. It's so potent that treating as little as 5–7 percent of blood volume with UVBI triggers a powerful system-wide immune response. The average person has about 5 L of blood, so 5–7 percent is about 250 mL (just over a cup), though some providers claim treating just 35 mL (about an ounce) will do the job.

UVBI is effective against all multi-antibiotic-resistant strains of bacteria and other pathogens. Lower doses of UV light at lower wavelengths kill microorganisms by damaging their DNA. In the meantime, our human DNA, although affected, can be rapidly repaired by enzymes that recognize and remove segments bound to cancer-causing chemicals, correct sequences, and rejoin strand breaks caused by exposure to reactive oxygen species and radiation, including UV light.

UV radiation has an immunosuppressive effect on the skin that helps calm inflammatory responses, making it beneficial for certain skin disorders. And UVBI stimulates red blood cell production. It also increases blood oxygen levels,[1] much like ozone therapy and other oxygen therapies.

Indeed, UV therapy, in particular UVBI, is frequently combined with ozone therapy to treat a large number of conditions. Ozone therapy uses medical-grade ozone (O_3) to increase levels of oxygen in the body, which boosts the immune system and assists healing through cell regeneration.

"I use a combination of UV light therapy and ozone for infectious processes," says Liebowitz. "I treat about 2,000 cc of blood (8½ cups) each time, which could be a third or more of circulating blood volume. It's highly effective for autoimmune diseases, inflammatory conditions, fibromyalgia, chronic Lyme, shingles and herpes infections, bronchitis and upper respiratory infections, Covid and long Covid.

Zapping Covid-19

Lab studies in mice and human cells have now shown that narrowband (NB) UVA treatment can significantly reduce coronavirus spike protein production, increase mitochondrial antiviral-signaling proteins and decrease coronavirus-induced cell death.[1] It has also been found to halt hypercytokinemia—the cytokine storm Covid is so well known for.

To quote one study using NB UVA: "Pro-inflammatory cytokines interleukin (IL)-6 and tumor necrosis factor (TNF), and chemokines IL-8, monocyte chemoattractant protein-1 (MCP1) and interferon gamma-induced protein 10 (IP-10) were significantly increased in CoV-229E-infected cells, and significantly decreased following NB-UVA treatment."[2]

In plain English, that means if you get exposed to or infected with Covid, UVA light can save your bacon. It lowers spike protein production, calms the immune system and helps the body fight back more effectively.

Sunlight contains more UVA rays in the morning and evening, so be sure to get outside during those hours. And spend 15–20 minutes outside during peak hours to get your vitamin D, though it may take longer in the winter.

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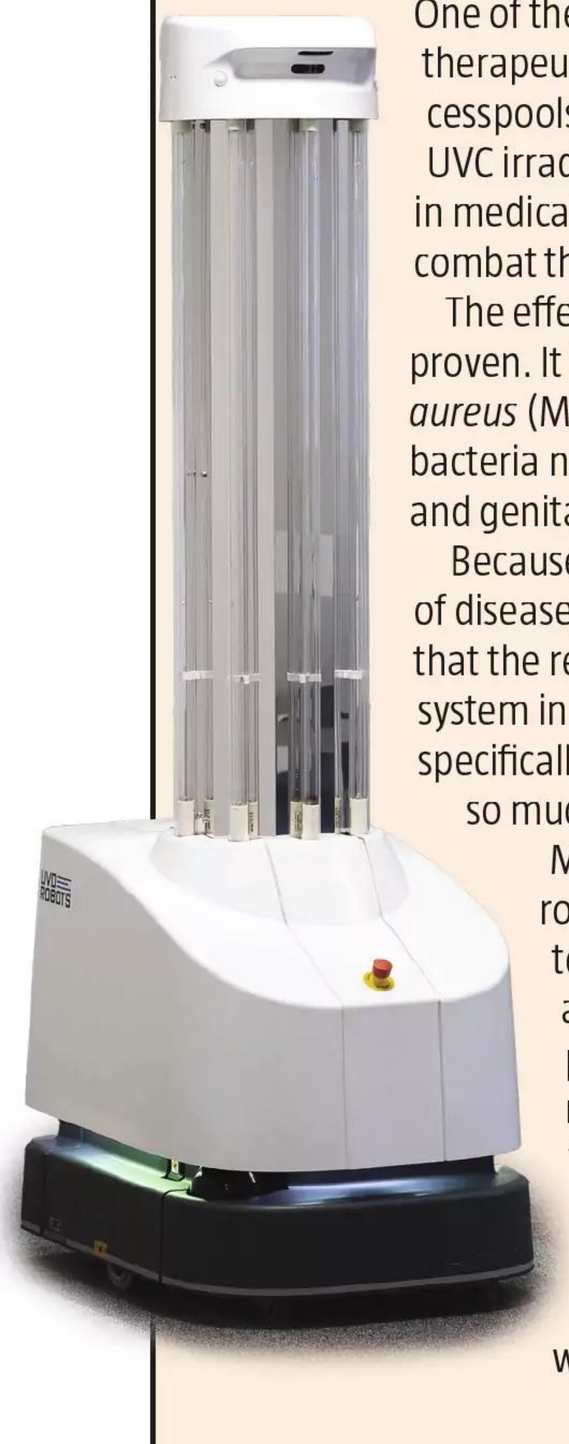
"Basically, it helps the body get back to homeostasis. I see amazing results, often within 24 hours."

True UVBI stories

Liebowitz recounts the case of a district attorney who had been dealing with terrible bronchitis for six weeks. "She came into the office saying, 'I've been to every doctor I know. I've gotten antibiotics. I've gotten inhalers. I've gotten steroids. They're throwing everything at me, and I'm not getting better. I've been coughing, short of breath, wheezing and feel horrible, but I can't stay home. I have to go to work every day. Can you help me?'"

Liebowitz gave her the combo UVBI and ozone treatment, and when he called her the next day to see

Sanitation at its best



One of the obvious uses of UV light is not therapeutic but hygienic. Hospitals are notorious cesspools of infectious materials and pathogens. UVC irradiation in addition to cleaning protocols in medical facilities is proving highly effective to combat the spread of harmful microorganisms.

The effect of UVC against pathogens is well proven. It fights methicillin-resistant *Staphylococcus aureus* (MRSA) and drug-resistant enterococci, bacteria normally found in the human intestines and genital regions that tend to populate hospitals.[1]

Because of the risk of contamination and spread of disease, Dr Brian Cox says he's happy to report that the recent installation of a new air conditioning system in his offices includes a UV light system specifically to kill viruses and bacteria. "It just makes so much sense," he says.

Medical-grade, autonomous "disinfection robots" heavily dependent on UV light technologies are now being developed and sold to help disinfect medical and public spaces. Of course, as one of the most effective technologies available for disinfecting drinking water without chemicals (which change the taste), UV water treatment has been used commercially in both urban and private water applications for decades.

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1 Int J Health Sci (Qassim), 2020; 14(6): 52–65

how she was feeling, she was ecstatic and completely cured. She reported no symptoms whatsoever.

"It was incredible," Liebowitz says. "After she went through six weeks of suffering, the UV/ozone combo knocked it out overnight."

A similar overnight cure happened to Dr Brian Cox of Pacific Naturopathic in Los Altos, California (pacificnaturopathic.com). "UV light literally neutralizes every type of pathogen," he says. "When blood irradiation is used with ozone, it not only kills pathogens, it excites the ozone molecules, literally supercharging them to turn on the cells in the blood passing through the machine, stimulating mitochondria to create more cellular energy."

Cox, who uses UV light in multiple treatments, including sanitizing water for colon hydrotherapy, talks about his own experience with Covid. Unable to function for three weeks, he was in so much pain that he was seriously worried he would have to admit himself to the hospital.

> "When blood irradiation is used with ozone, it not only kills pathogens, it excites the ozone molecules, supercharging them to turn on the cells and stimulating mitochondria to create more cellular energy"

"I did every alternative approach I could think of, and nothing worked," he says. "Finally I dragged myself to my office, did a blood draw, and ran my blood through my UV light and ozone equipment. Three days later I tested negative and was back on my feet. Nothing else worked. And that was just one treatment."

Many applications

UVB therapy is far and away the most common UV therapy, although far-UVC radiation (200–230 nm) has been used to eliminate pathogens of the skin and eyes for almost 100 years and has tested effective against the coronavirus.[4] Narrowband UVA light has been safely and effectively used for endotracheal (windpipe) treatment of patients with Covid.[5]

Study after study shows UV application works for infections of all types. As well, it improves wound healing.[6] Narrowband UVB treatments are highly effective for healing a wide variety of skin conditions, including atopic dermatitis and mycosis fungoides (the most common form of cutaneous T cell lymphoma).[7]

A variety of UV light therapies have been developed specifically for psoriasis, such as UVB, photodynamic therapy, intense pulsed light and light-emitting diodes. UV light is primarily used for treating stable plaque psoriasis—the most common type of psoriasis involving red, scaly, thickened patches of skin, usually treated topically.

A treatment called psoralen ultraviolet A (PUVA) has a better cure rate than UVB for refractory or treatment-resistant psoriasis.[8] Psoralens are photosensitizing agents found in plants that amplify the effects of UV light. They can be natural or lab-created.

UBVI has been shown to eliminate tuberculosis.[9] And clinical trials of UVBI for hepatitis C have shown it's highly effective with no side effects.[10] Because of its positive impact on several types of white blood cells, other immune cells, LDL cholesterol and lipids, many clinical studies are now encouraging its investigation for novel viral infections from HIV/AIDS to Ebola, SARS, MERS and, of course, the Covid virus.[11]

UV therapy is also very effective for cutaneous T cell lymphoma. "In some circumstances, patients can experience a transition in which cutaneous T cell lymphoma becomes an internal cancer as well," says Dr Dustin Portela, founder of Treasure Valley Dermatology in Boise, Idaho (drdustinportela.com).

"We routinely use UVB light for that, and it's quite effective, especially when we combine it with other treatments, such as topical steroids, to help suppress the immune cells in the skin. Another treatment we use is a topical retinoid medication called Targretin that helps to normalize the cell turnover further."

UV therapy even has a positive effect on mood and is useful for treating depression.[12] Side effects are rare; the

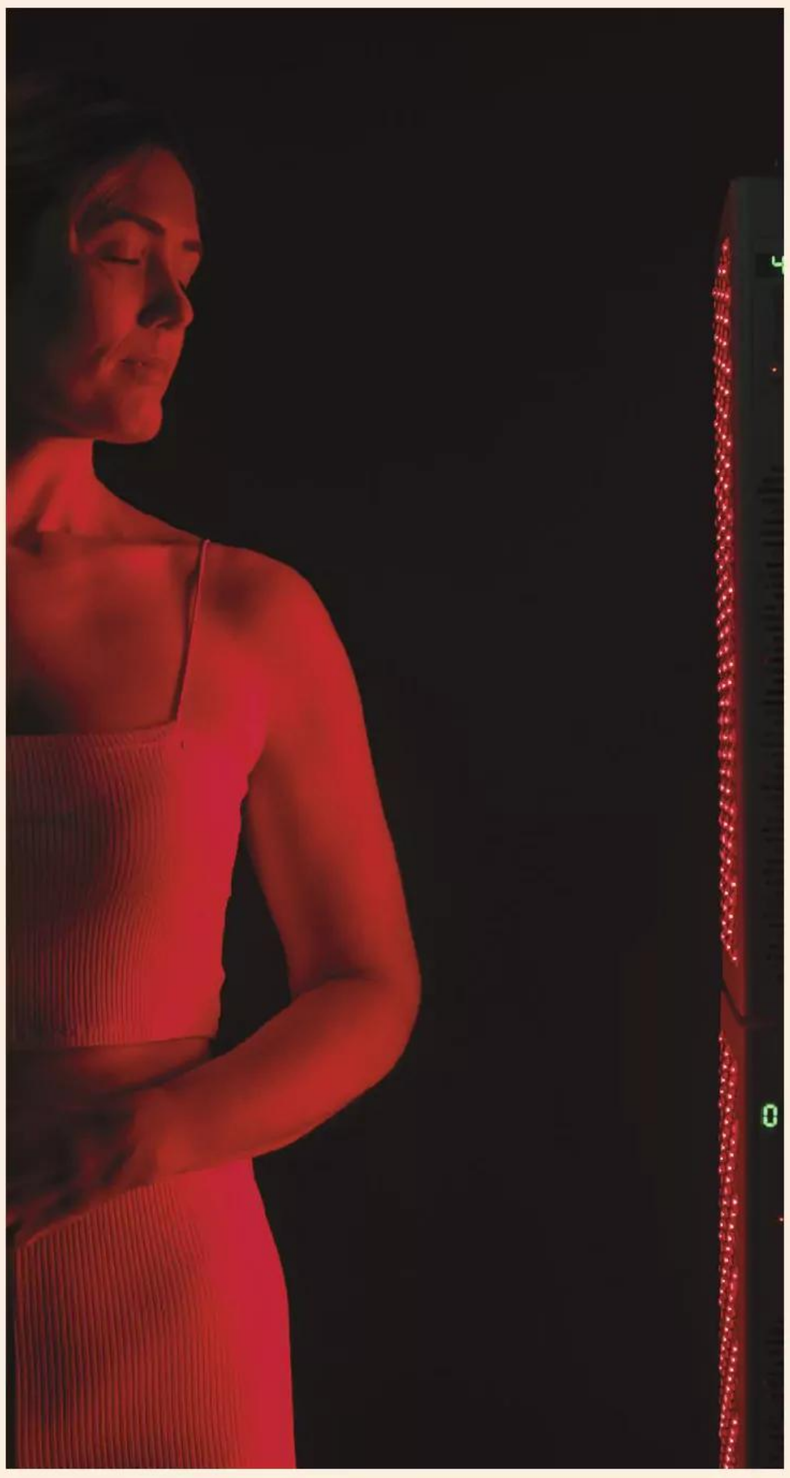
At-home use

For general health and even some chronic diseases, simply getting more sun is the first thing to do, especially if you rarely spend time outside. Start with short periods and work your way up, and use caution during peak hours (11 a.m. to 3 p.m.). But for more targeted therapy, there are other options.

For going on 30 years, in-home UVB phototherapy units have been made to meet demand and serve greater patient convenience at a hopefully lower cost. Designed primarily for people who are managing chronic skin conditions, most in-home protocols for personal targeted phototherapy (PTP) call for limited-area UVB light treatments, typically 15 seconds to a few minutes up to three times per week.

Of course, the main concern among health practitioners is that patients will approach treatment with a "more is better" attitude, leading to burns and possibly even skin cancer. That said, most home systems in the US and UK that are approved by medical device regulators have safety features designed to prevent misuse.

In addition to small handheld devices, some home phototherapy systems are full-body tanning beds or large flat-panel systems. Your choice of device should be based on the size of the area you're treating and your specific condition.



Other considerations:

Check with your physician or dermatologist before starting at-home UVB light therapy to ensure you use the right equipment and protocol for your condition.

Start with shorter times of exposure to reduce the risk of burns and increase session length gradually.

Always monitor your skin after a treatment. Report any adverse reactions to your doctor immediately.

Use protective eyewear and cover areas not being treated to avoid unnecessary radiation exposure.

Stick strictly to the protocol your provider prescribed.

Keep a treatment record for all your UV therapy sessions—length of time, any skin reactions, etc.

See page 65 for some good at-home UV therapy devices.

most common are Herxheimer reactions (a temporary inflammatory response when an infection is under attack by the immune system) and pain and bruising at the injection site of UVBI.

Despite the lack of direct side effects, there are considerations to using UV therapy. Just like the sun, UV therapies have many benefits, and yet most doctors believe there are risks as well.

"I believe the threshold for PUVA treatments is about 300 total treatments," says Portela. "It's well documented that your risk for developing squamous cell carcinoma goes up quite a bit after that.

"You also have to monitor the total number of times somebody steps into the light box for regular UV therapy. Even though the UVB we use is a short range of light, it's ionizing radiation that will increase their risk of aging and skin cancer with too many treatments."

Generally, the number of UV treatments needed depends on variables such as the state of the patient's immune system, the length of time they've been experiencing symptoms and the severity of the disease.

So, what about the sun?

I asked the medical professionals I interviewed for this article about the dangers of sun exposure. All of them said the modern media hype about skin cancer and the need to slather your skin with high-SPF sunscreens the moment you walk out your front door is just that: hype.

"Vitamin D is probably one of the most important vitamins, and we can't get it in our food," Liebowitz says. "We get it in our skin from sun exposure. Basically, we were designed to be exposed to the sun, and blocking all that sun is blocking our vitamin D production. I see people with extremely low levels all the time, and there are all sorts of health consequences to it."

Yes, too much sun exposure can lead us down the path to skin cancers and other problems. But, Liebowitz says, with common sense we can avoid that. Take sun in smaller doses and avoid the harshest midday hours, when the likelihood of getting burned is greatest.

Cox agrees. "Sunlight does not cause cancer. What causes cancer is cellular mutation caused by the lack of certain ingredients in the body's system—vitamin D, for instance. Which you don't get when you slather on a lot of sunblock."

And finally, dermatologist Portela weighs in with this: "There are risks and benefits of being in the sun. People shouldn't limit their lifestyle. They should enjoy life and take reasonable precautions."

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Your perimenopause fitness prescription

Weaving more movement, and the right kind, into the fabric of your daily life is the key to effective exercise in perimenopause and beyond, says functional medicine practitioner Dr Mariza Snyder. Here are her seven secrets to staying fit and feeling fabulous after 40 — no gym required

If there was ever a time in your life to make exercise a priority, it's in perimenopause and postmenopause. The way you move and exercise right now can help you be proactive about preserving muscle mass, improving metabolic health and preventing diseases that become more common after menopause.

The body undergoes immense change during perimenopause—the transitional period before menopause that typically begins between ages 39 and 44 and lasts anywhere from four to 10 years. Less muscle means lower energy expenditure (how fast we burn calories). Many women notice weight gain in perimenopause, corresponding to this muscle loss and increased body fat.[1]

Yet even if the scale weight has stayed the same, we may not be metabolically healthy. Because muscle weight tends to go down while fat increases during this stage of life, weight can stay steady (or even decrease) while body composition shifts in an unhealthy direction, toward excess visceral fat and low muscle mass.

Exercise can prevent these adverse changes in a profound way. Don't buy into the narrative that it's time to slow down and take it easy. Being physically active will give you the power to take the reins in perimenopause and beyond.

Exercising for health

Your exercise likely once centered on cardio, with the goal of burning calories and being thin. If that's the model you're used to, it's time for a mindset shift.

A thin body should not be the main goal in midlife. The new goal is being metabolically healthy and improving your strength, power, aliveness and resilience.

Moving your body can help reduce a myriad of perimenopausal symptoms. One study found 12 weeks of moderate exercise improved sleep quality and reduced insomnia and depression in sedentary women.[2] Another study suggested regular, moderate exercise (both cardiovascular and resistance exercise) can reduce hot flashes.[3]

Maintaining a consistent exercise and movement routine has life-changing benefits for emotional and mental well-being and physical health, both now and into later life.

Being active through perimenopause tends to have many benefits:

- Lower body-mass index (BMI)
- Less body fat
- Greater muscle mass and strength
- Healthy weight and metabolism[4]
- Better sleep quality
- Stronger bones and fewer injuries[5]
- Fewer hot flashes
- Better mood and sense of well-being[6]
- Better memory and lower risk of dementia[7]

Compare being active to sitting for long periods of time, which is proven to lead to plenty of negative health effects—from obesity and high blood pressure to abnormal cholesterol levels and even a risk of heart disease and cancer.

A 2017 study found a direct connection between how sedentary a person's lifestyle is and their risk of early death.[8] And a 2015 study found that prolonged sedentary time had negative health outcomes regardless of physical activity—so, basically, hitting the gym for an hour doesn't negate the damage done by sitting at a desk for more than five hours each day.[9]

If we want exercise to improve our metabolism and longevity, it will need to look different from a solo 50-minute fitness class. The solution is to find ways to move more throughout the day and build it into the fabric of our daily lives.

Our muscles are glucose-processing machines, and movement allows muscle tissue to absorb glucose without needing insulin to stimulate the entry of glucose into the cells. Reducing insulin secretion in response to glucose rises after meals is a game-changing superpower because we want to keep insulin levels as stable as possible throughout the day.

By moving the body all day long, especially after meals, we are signaling our muscles to clear glucose from the bloodstream without requiring insulin, in turn increasing the body's sensitivity to insulin.

In fact, exercise can boost glucose uptake by up to 50 times the rate of uptake when we are sedentary. Simply put, when you exercise, muscle membranes become more efficient at absorbing glucose, the heart pumps more glucose-containing blood to your muscles, and changes in chemical enzymes further aid glucose transport.

With all these mechanisms occurring simultaneously, our muscle cells enjoy the glucose they need to power a workout, and our blood glucose levels drop.

7 secrets to successful exercise in midlife

When life is already busy, movement can feel like just one more thing to try to work into your day. But following these quick, easy and simple recommendations will set you up for success without overwhelming you.

1 Boost your NEAT

While exercise is an important form of physical activity that burns hundreds of calories at a time, other forms of activity— called nonexercise activity thermogenesis (NEAT)—can play a significant role in maximizing the total amount of calories burned in a single day.

NEAT is the area I believe you should focus on first because it includes the activities of daily living that require you to move, such as cleaning your house, taking the stairs to an appointment, playing with kids, using a standing desk, gardening, grocery shopping and puttering around the house.

Individuals with high levels of NEAT can burn several hundred more calories per day. This difference can lead to considerable weight loss over time without the need for rigorous exercise routines.[10] By understanding and leveraging this concept, you can manage your weight by burning more calories, improving glucose and insulin metabolism, and preventing weight regain.

Increasing your NEAT doesn't require a complete overhaul of your lifestyle. By making conscious choices to incorporate more movement into your daily activities, you can enhance your overall health, boost your calorie burn, and support your weight-loss and -maintenance goals. Simple, consistent changes—

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Amanda, HCA Health Coach Graduate

After spending 15 years in a high-pressure corporate marketing role with heavy responsibilities and very little support, Amanda suffered with high levels of stress and anxiety, rushing through life at 110mph with heart palpitations becoming the norm. Realising that her career no longer aligned with her values and seeing other women facing similar challenges, she set out on a mission to find and become a part of a solution.

“Discovering Health Coaching changed my life! Studying with HCA gave me the confidence, knowledge, and importantly the tools to think about a different way to engage with people on the topic of health and wellbeing – particularly on the side of sustainable behaviour change.

I graduated last year and am now in my dream job working for a company specialising in workplace wellbeing. I spend most days designing and delivering group coaching programmes for amazing companies like Nando’s, universities and businesses in the US! Not only that, I’ve turned my own health around using learnings from the course, and after years feeling stressed and anxious, I’ve never felt better.”

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even something as seemingly tiny as fidgeting—can lead to significant improvements in your health and well-being.

See page 55 for some practical ways to increase NEAT throughout your day.

2 Use exercise snacks

NEAT is a great starting point to get more movement into your day with minimal effort. The next level is what I love to call "exercise snacks." I'm not talking about protein bars before or after a workout. Exercise snacks *are* the workout!

These are slightly more involved than NEAT activities but without being a full-blown workout. Exercise snacks are short bouts of movement—anywhere from 30 seconds to five minutes—that don't require going to the gym or doing any prep work. You can customize them to fit your preferences, and they're great at combating afternoon energy slumps.

Exercise snacks are ideal for busy people, and there is no one busier than a perimenopausal woman. In our fast-paced life, it is challenging to find time to go to a gym and get in an hour-long workout. That's almost two hours out of your day when you include the commute.

Who's got time for that? Exercise snacks offer an alternative way to get our heart rates up and experience health benefits without changing into workout clothes or even breaking a sweat.

Do exercise snacks really work? Several studies show significant benefits, including improved muscle strength, decreased total cholesterol and blood sugar levels, increased endurance, less back pain and improved overall cardiovascular function.[11] And a variety of studies have shown that exercise snacks performed throughout the day may be more beneficial than a one-hour stint at the gym after sitting all day.

How much should you exercise snack? If you have two minutes in your workday to grab a snack from the refrigerator, you also have two minutes to do a quick exercise snack. You'll want the one-to-five-minute workout to elevate your heart rate to a point where it becomes hard to speak in complete sentences.

Did a work meeting end early? Great. Use that extra time to get a burst of exercise in—think climbing stairs or doing jumping jacks for two minutes.

If you're new to exercise snacks, start with 60 seconds once per day, and add 30 seconds each week as you work your way up to two minutes or more per day. Aim for three or more exercise snacks each day for the greatest benefit.

See the box below for some examples of exercise snacks.

5 easy exercise snacks

Here are a few examples of exercise snacks:

- **Walk up and down stairs for three minutes.**
- **Do three sets of 10 lunges and three sets of 20 mountain climbers.**
- **Jump on a mini trampoline for two minutes.**
- **Do three sets of 20 jumping jacks and three sets of 10 squats.**
- **Do 30 seconds of jump squats and 30 seconds of push-ups—alternating for two minutes.**

3 Move after meals

Whenever possible, move your body after eating. Movement after a meal can include going up and down the stairs five times, knocking out two sets of 20 squats or doing jump squats if you really want to get your heart pumping.

Take a walk. My favorite post-dinner movement is walking. Walking after eating blunts a blood sugar response, reduces insulin resistance, improves intestinal movement, promotes better sleep and boosts your mood while lowering your stress levels.

It doesn't take as much as you might think to notice a difference. Walking for as little as two to five minutes after a meal can do the trick, according to a 2022 study.[12] Other studies suggest a 10-to-20-minute walk after each meal could be enough to significantly improve your metabolic health.

When you regularly move after eating instead of sitting at your desk or on the couch, you build a powerful habit that supports your metabolic health—both right now and for many years to come.

Add weight. If you want to build more metabolic resilience and protect your bones at the same time, consider adding a weighted vest to your walks. Walking in a weighted vest is a low-impact way to raise your heart rate more than if you walk without it, and it's easy enough to make it a consistent habit that doesn't require an additional time commitment.

One study found that exercising with a weighted vest not only prevented hip bone density loss but also maintained existing bone mineral density in postmenopausal women.[13]

I recommend starting with a 5–8 lb weighted vest and increasing the weight over time for greater cardiovascular benefit. To begin, try wearing the weighted vest around the house as a form of exercise snacking; get a sense of how it feels to wear the vest so you'll be better prepared to go longer distances.

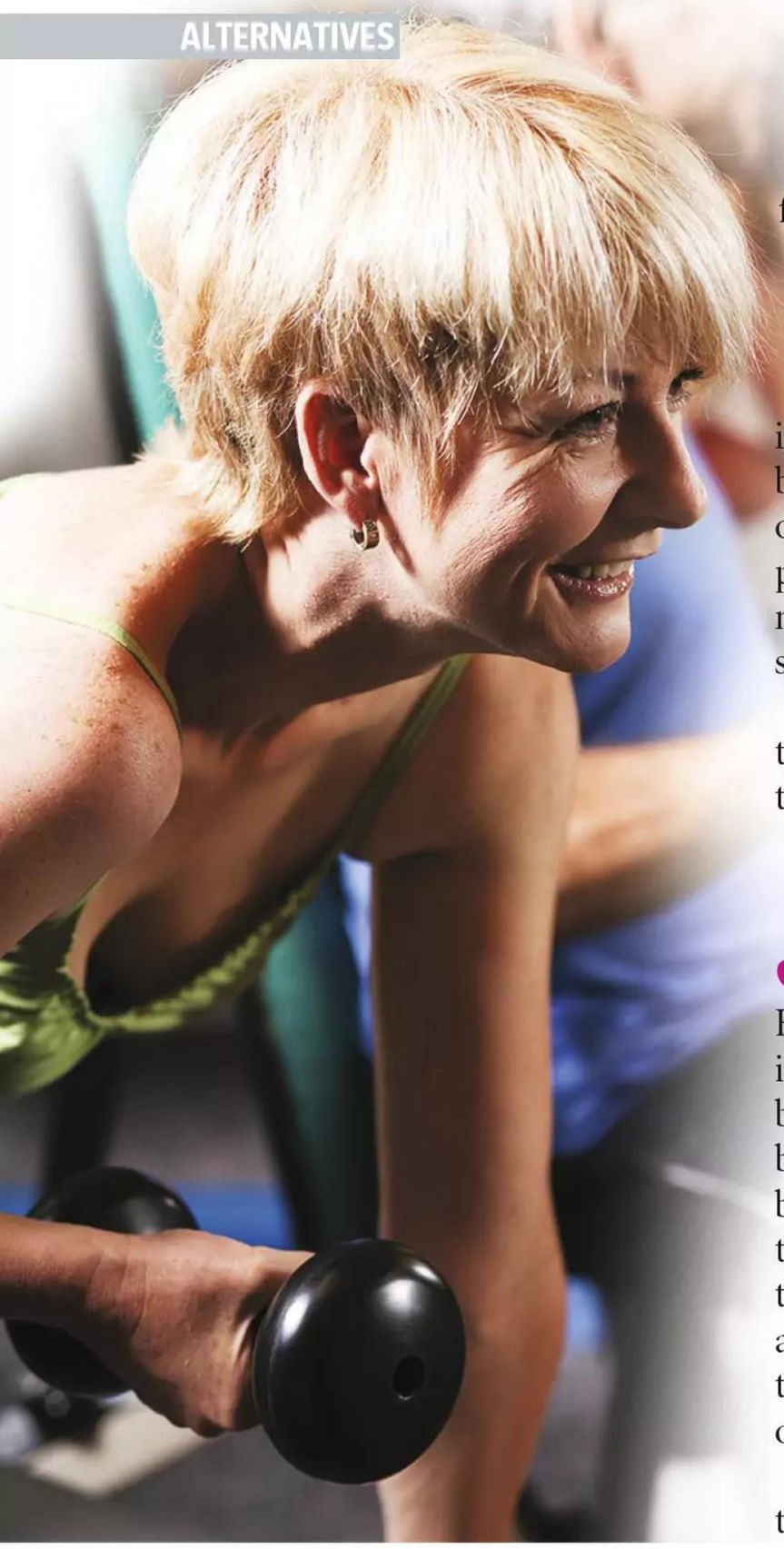
After you get used to wearing the weighted vest, try taking short walks with it and then gradually work your way up to 20-to-30-minute walks.

4 Lift weights

The research is clear that the perimenopausal transition is the ideal time to adapt your workouts to prevent unwanted metabolic and body composition changes. Lifting heavy weights is the gift that keeps on giving because it will help you to protect and build lean muscle mass, strength and endurance—the trifecta of freedom during postmenopause.

A recent study found that lifting weights for an hour three times a week can even roll back your biological age by eight years.[14]

And unless you're lifting as much weight as a professional bodybuilder or following a specific plan for muscle growth and gains, no, lifting heavy won't make you bulky or "bigger." However, it



does come with several benefits besides just strength and slower aging (see box, page 57).

How often should you lift? To avoid overtraining, start with one or two heavy lifting sessions a week, with two rest days between sessions to properly recover. After four to six weeks, it's safe to add an additional day if you want, now that your body has had time to acclimate.

Heavy resistance training focuses on bigger compound lifts: deadlifts, squats, lunges and overhead presses spread the force out among multiple muscles, connective tissues and joints so that everything gets worked just the right amount. Aim for three to five sets of six or fewer reps (that is, four sets of six reps) with a weight that challenges you to complete the last rep.

This will help you build strength and lean muscle mass (hypertrophy). After each set, fully rest for two to five minutes.

Lift with care. Remember, form is everything. You should be able to complete every single rep with good form. When you can't, you're done. Pushing to get more reps in while sacrificing your form may end up doing serious damage.

If you're new to resistance training, it's important to work your way up to big lifts to avoid injury. Start by focusing on mobility and stability. When you can perform the exercises with full range of motion without weight, you're ready to start slowly adding weight.

Working with a coach or personal trainer for a month is a great way to learn the moves and get started.

5 HIIT and SIT workouts

HIIT (high-intensity interval training) is a time-efficient workout option for busy women in midlife. With shorter bursts of intense exercise followed by brief recovery periods, HIIT allows you to fit a full-body workout into a shorter time period than traditional cardio. It also reduces body fat, improves muscle tone and gets metabolic biomarkers into optimal ranges.

The high-intensity nature of these workouts increases the body's calorie burn both during and after the exercise session. This is the "afterburn effect," or excess post-exercise oxygen consumption, in which the body continues to burn calories at an elevated rate even after the workout is over.

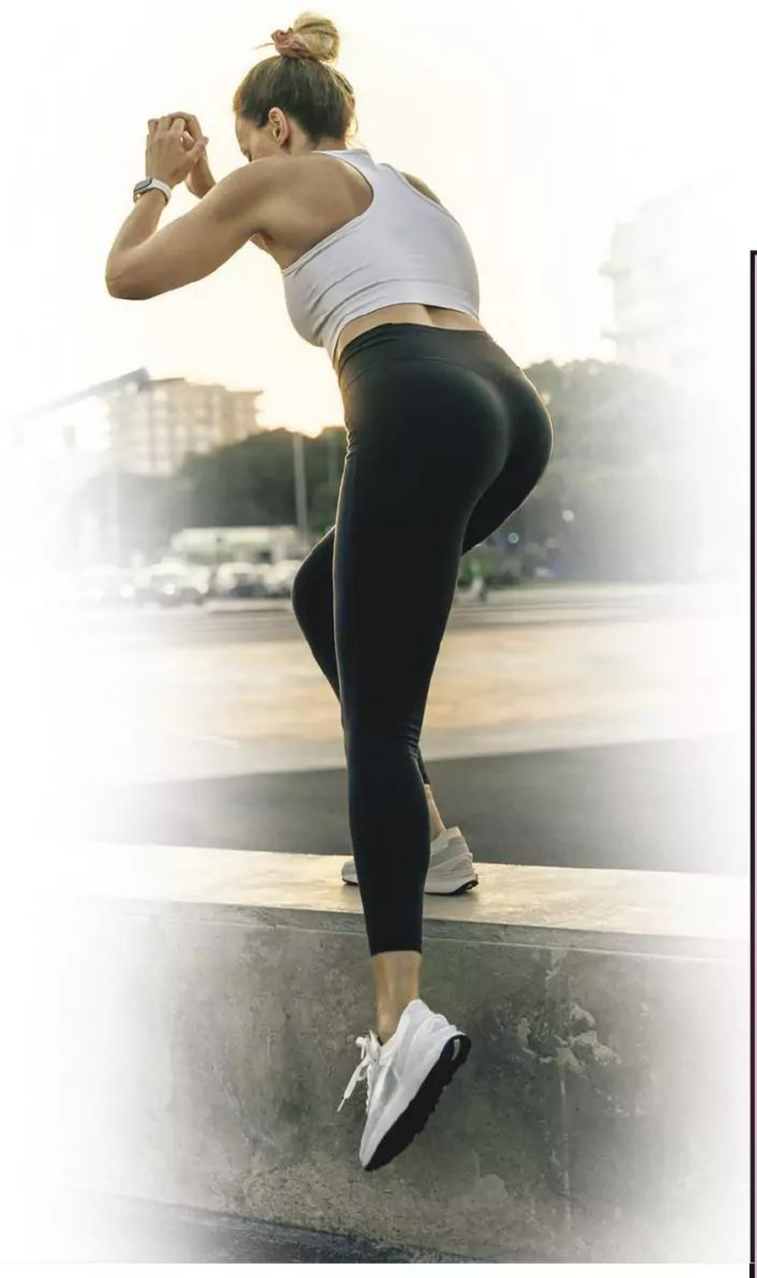
Furthermore, HIIT can help to build lean muscle mass because the combination of intense exercise and short recovery periods stimulates the release of growth hormone, which promotes muscle growth and development. This can lead to improved strength and increased metabolism.

The best type of high-intensity interval training for perimenopausal women is super-short, sprint-style intervals lasting about 30 seconds or less. Sprint interval training (SIT), as it's known, involves alternating short bursts of intense exercise with brief recovery periods.

A typical session includes three to five sets of 10-to-30-second full-effort sprints and two-minute rest intervals between sets. The goal is to push your heart rate above 85 percent of its maximum to challenge your cardiovascular system and muscles.

Despite their intensity, SIT sessions are short, usually lasting around 10 minutes, which makes the workouts less time-consuming than traditional endurance training. With sprint intervals, you get all the benefits in a short block of time—improved insulin sensitivity, stronger mitochondria, improved fat burning (especially of deep visceral fat) and a boost of growth hormone.

Finishing your workout with SIT is a simple way to add intensity to any exercise. After a warmup, push as hard as possible for 20–30 seconds. Recover for a minimum of two minutes, enough so that the next interval can be just as effective as the first. Work your way up to a maximum of five 30-second sprints.



6 Don't pass on plyometrics

I'm a huge fan of plyometric exercises, which involve quick, explosive movements such as jump squats, kettlebell swings, mountain climbers, ball slams and box jumps. They aim to generate power in a short period of time.

I love incorporating these into my daily exercise snacks because explosive exercises engage multiple muscle groups simultaneously, building lean muscle mass and supporting joints while helping to improve power, balance, coordination and endurance.

If you're reading this and thinking "hard pass" on the idea of incorporating jump squats into your workout routine, hear me out. I believe we should train for life, and plyometric exercises help ensure that we are prepared for emergency situations when we will need power, strength and agility.

As a mom to a four-year-old, I want to have fast reflexes and the ability to keep him safe. I train for him as much as I train for myself. But women of all ages can benefit from including plyometrics in their training.

A 2019 systematic research review on plyometrics for adults aged 58–79 reported these exercises often improved muscular strength, bone health, body composition, posture and physical performance. The researchers concluded, "Plyometric training is a feasible and safe training option

15 ways to boost your NEAT

Here are some simple ways to increase your nonexercise activity thermogenesis (NEAT) — the calories you burn from everyday physical activity that's not planned exercise.

Increase your NEAT at home

Engage in chores and other tasks around your home that get you moving. Do household tasks while standing instead of sitting.

Actively play with your kids or pets (ideally outdoors). Playing catch, taking walks or even having dance-party breaks gets you all moving more.

Skip the delivery. Going to a store and walking around burns more calories than opening a box. Better yet, park as far from the entrance as possible.

Plant a garden. Not only is physical maintenance of the garden a great NEAT source but the fresh produce is perfect for your metabolism.

Increase your NEAT at work

Use a standing desk or stability ball instead of a chair. A stability ball requires some effort and energy to sit upright, and it's great for balance and core stability.

Try a treadmill desk. Research shows using a treadmill desk for over two hours a day for two weeks led to a drop of 2.6 pounds of fat mass and an increase of 2.2 pounds of muscle mass.[1]

Take the stairs instead of using elevators and escalators.

Walk and talk. Take phone calls or meetings while walking or pacing around your work area. Suggest walking meetings with colleagues.

Take regular breaks to stretch or walk around the office or parking lot. Take a longer walk on your lunch break, aiming for 10–15 minutes, to blunt a blood sugar spike and stay energized for the rest of your day.

Increase your NEAT during travel

Choose walking or cycling over driving whenever possible. If you need to drive, park farther from your destination to add more steps. If you're staying in a new town, try to pick lodging within walking distance of attractions or stores you'll be visiting.

Use public transportation and stand to wait. Walk to the bus stop or train station instead of driving or get off before your stop and walk the rest of the way.

Choose active excursions like museums, parks, downtown areas, farmers' markets and festivals to integrate more walking into your life.

Boost NEAT through monitoring and tracking

Monitoring and tracking your NEAT with a Fitbit or smartwatch can help you stay accountable and set realistic goals to increase your daily activity levels. All it takes is small, consistent efforts to move more throughout the day to reap the benefits.

REFERENCE

1 Obesity (Silver Spring), 2013; 21(4):705–11

Introducing the *WDDTY* Community!

Community matters

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.

Connect online with other *WDDTY* members, including health practitioners, and share your experiences.

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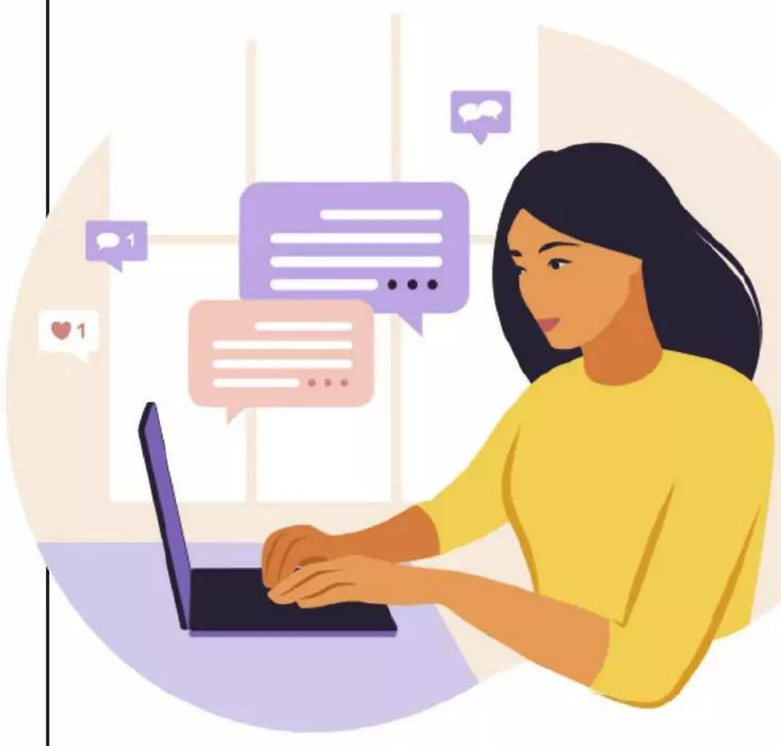

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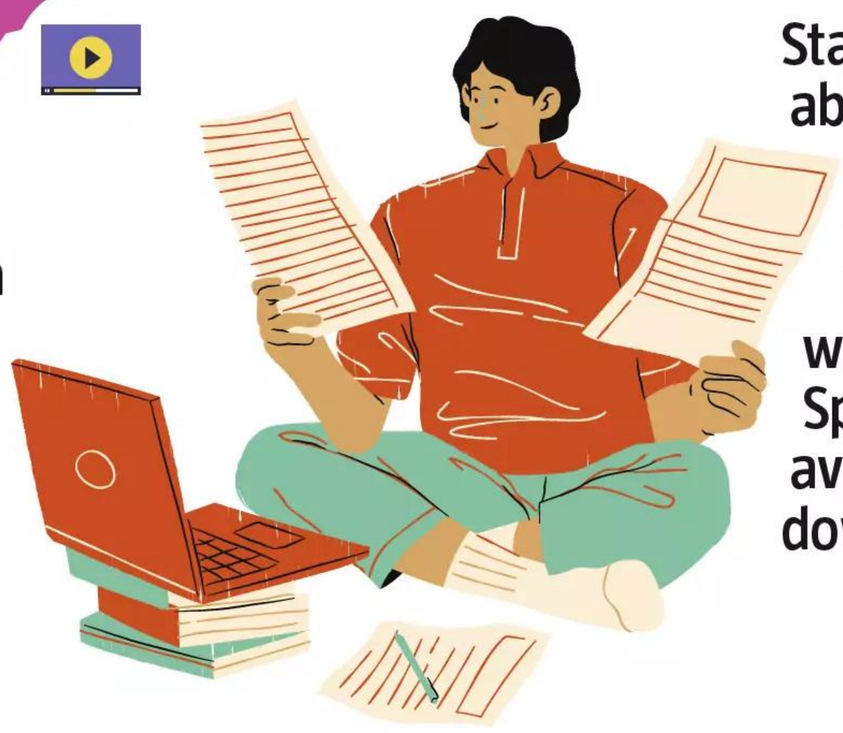

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with potential for improving various performance, functional, and health-related outcomes in older persons."[15]

7 Take time to stretch and relax

Last, but certainly not least, add yoga and stretching to your weekly routine. These activities don't raise your heart rate like cardiovascular exercise, but they strengthen and relax your muscles, keep your muscles and tendons flexible, and help with mental focus. They're just enough movement to stimulate blood flow, reduce stress hormones and make you feel relaxed.

Sign up for a yoga class or check out the many free YouTube yoga sessions that are fantastic starting points. You can do your yoga routines in two longer sessions per week (a 30-minute class, for example) or break them up into smaller sessions. A 10-minute yoga routine every morning or evening is a great option that can relieve stress.

Benefits of lifting weights

Stimulate muscle-building stem cells Estrogen directly impacts muscle health, helping us regenerate muscle stem cells (also known as satellite cells), which help us maintain our muscles. When researchers take estrogen from animals, their ability to regenerate satellite cells drops by up to 60 percent.[1]

Muscle biopsies in perimenopausal women echo these findings, showing that estrogen levels are linked to the number of satellite cells. Resistance training is the best way to generate those muscle stem cells, and lifting heavy weights provides the strength-building stimulus women need as estrogen declines.

Ramp up your metabolic rate Muscle cells fuel your metabolic engine and give you energy to run, lift and jump. Even at rest, muscle requires more energy than other types of cells. Having more muscle may also help postmenopausal women burn more fat when they exercise.[2]

Prevent injury and build bone mass Lifting heavy weights (aka resistance training) leads to significant increases in bone mineral density,[3] and the denser your bones, the less prone you are to fractures or skeletal injuries.[4] Heavy resistance training builds stronger bones.

That's important because the perimenopause transition is a risky time for bone density. Up to 20 percent of a woman's bone loss happens during this time of life.

Improve heart health and general health Serious resistance training can reduce your risk of heart attack or stroke. It can also lower your blood pressure and cholesterol levels, both considered major indicators of heart health.

One study found lifting weights for less than an hour a week may lower your risk of a heart attack or stroke by up to 70 percent.[5] Resistance training also improves insulin sensitivity, reduces visceral fat (around the organs) and improves immunity.

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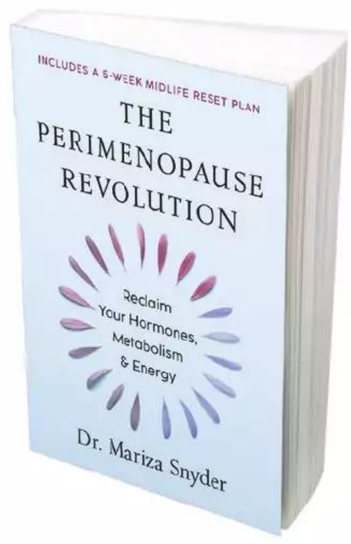

Adapted from *The Perimenopause Revolution: Reclaim Your Hormones, Metabolism & Energy* by Dr Mariza Snyder, £23.99 (Hay House, 2025)

Mind over cancer

Stress reduction and emotional healing are crucial in cancer prevention and care, says Dr Leigh Erin Connealy. Here are her top natural ways to look after your mental health

Globally, we're facing a mental health crisis. We are stressed out, anxiety-ridden, burdened with unresolved conflicts, drowning in depression, and suffering from past traumas. And it's taking a significant toll on our collective health.

As the holidays are rapidly approaching, even more financial, time and social expectations are piling on daily. It's enough to make your head spin.

According to the World Health Organization (WHO), nearly a billion people globally experience some type of mental health disorder, with anxiety and depression topping the list.[1] That breaks down to roughly one in eight people around the world.

The disease burden of these mental health disorders is in the billions of dollars. Hours of productivity are lost in workplaces, and people are robbed of quality of life.

Sadly, many people don't get the help they need because of the stigma surrounding mental health problems, the cost of services or the lack of appropriate care in their area. But this needs to change, and it needs to change now.

Mental health and cancer

A diagnosis of a mental health disorder might not directly correlate with cancer risk. Still, there are intricate and underlying ties.

An unbalanced nervous system—the result of stress, anxiety, etc.—imprisons the body in constant "fight or flight" mode. This wreaks havoc on the immune system and adds fuel to any inflammatory processes underway.

Research in the field of neuro-oncology suggests a great deal of "cross-talk" occurs between the nervous system and tumors. In a fascinating study published earlier this year, researchers noted, "Not only do nerves regulate the progression of tumors, but tumor cells themselves also exhibit various neural and neurodevelopmental characteristics, allowing them to influence the structure and function of nerves."[2]

Nerves can cause tumor cells to multiply and spread, but conversely, they can suppress tumor formation. This is an interesting field and one that will make headlines as the research continues to pour in.

Other factors play into the mental health–cancer connection as well. People experiencing chronic stress and anxiety may turn to unhealthy coping mechanisms, like drug or alcohol abuse, to ease symptoms temporarily. Mental health issues can also lead to unhealthy lifestyle choices, such as inadequate nutrition, binge eating or sedentariness.

> Tumor cells exhibit neural and neurodevelopmental characteristics, allowing them to influence the structure and function of nerves

The bigger issue is the disruption of balance that builds up over time when chronic stress and unresolved traumas are allowed to brew. The balanced state of the body we should all aim for is called homeostasis. The body yearns for equilibrium: balanced blood sugar levels, the absence of inflammation, regulated hormones and ideal pH levels, among other factors.

Chronic stress, anxiety and depression all throw the body out of that balanced state. And when this happens, it creates a more favorable environment for cancer to take hold.

Would you like to know what my cancer patients have in common? Nearly all of them have had significant trauma or stress in their lives. Whether it's divorce, loss of a loved one, financial troubles, undesirable working conditions or unresolved emotional conflicts, these occurrences have negatively impacted their lives and ultimately resulted in illness and poor health.

Dr Ryke Geerd Hamer, the founder of German New Medicine, first postulated the connection between emotional trauma and cancer. After his son was shot and later succumbed to his injuries, Dr Hamer developed testicular cancer.

He coined a term for these unexpected and upsetting events: conflict shocks. These incidents afflict the brain, psyche and organ where the cancer is located simultaneously. Like in holistic medicine's mind-body-spirit focus, Dr Hamer sought to resolve emotional traumas to initiate the healing process. He was one of the first to emphasize examining the psyche to get to the root cause of disease (see *WDDTY* November 2024 to find out more).

I implore you to start making efforts today to remove mental health burdens and begin taking care of yourself. It can save your life.

Here are some therapies and natural remedies that can help.

EVOX therapy

This perception reframing therapy analyzes a person's voice patterns while they are speaking to the therapist about specific subjects. The resulting data points are plotted on a Perception Index Graph, which an EVOX specialist uses to uncover and reframe the patient's unresolved stressors.

Each unique stressor has a corresponding restorative frequency. A specialized hand cradle transmits the healing frequencies to the patient, helping to "remap the brain," restore emotional balance, and alleviate stress, anxiety and past traumas.

We have seen this therapy work wonders at our Centers, often releasing decades-long burdens patients didn't even realize were affecting them.

You can find a practitioner in your area by searching "EVOX perception reframing therapy near me" (also see Healthy Shopping in *WDDTY* September 2025).

Herbs and supplements

Spending time with friends or loved ones who lift you up, finding humor in daily life, and making sure you get enough vitamin D and exercise are all excellent ways to brighten your day, improve your mood and help yourself say goodbye to stress. But if you need a little extra help, try some of the following effective herbs and supplements.

Use as directed by your practitioner or by the manufacturer (it's always best to work with a practitioner who can recommend the supplements and dosages that are right for you). To find a specialized practitioner in your area, visit the website of the Institute for Functional Medicine (ifm.org) or American College for Advancement in Medicine (acam.org).

GABA Gamma-aminobutyric acid (GABA) is a neurotransmitter (chemical messenger) in the brain. It's the most common inhibitory neurotransmitter in the central nervous system, and low GABA levels have been linked to anxiety, mood disorders, schizophrenia, autism, depression, epilepsy and seizures.[3]

Used supplementally, GABA has been shown to produce a calming effect, reducing stress and anxiety and improving sleep. This natural substance targets the same GABA receptors as many common prescription drugs, including benzodiazepines and barbiturates, in a far safer manner.

Suggested dosage: 100–300 mg daily

SAMe S-adenosyl-L-methionine (SAMe) is a compound that occurs naturally in the body and is responsible

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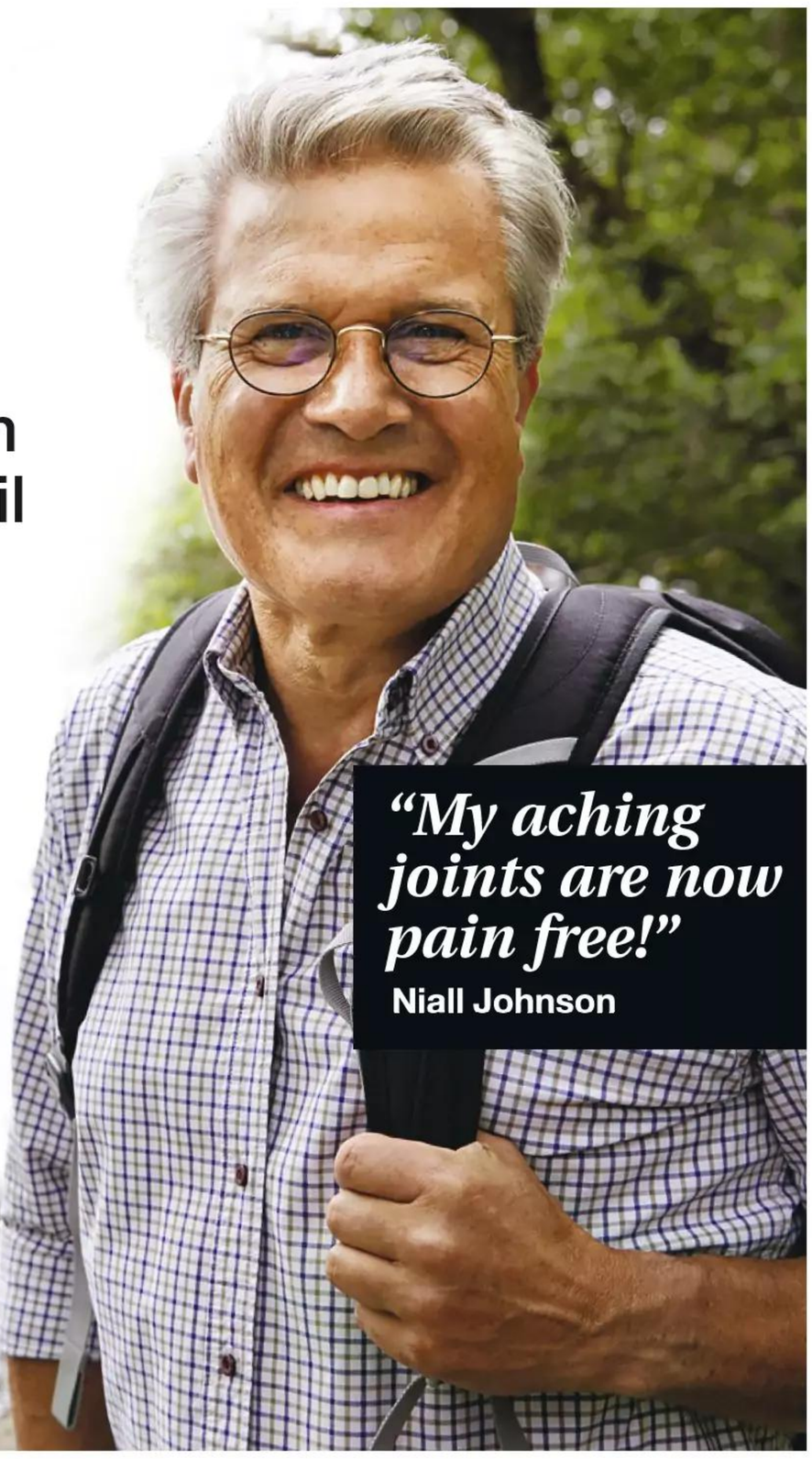
JOINT RELIEF AND MOBILITY FEATURE

Retired Surgeon Discovers a Natural Cure for his Arthritis

Retired Orthopaedic Surgeon Niall Johnson suffered with excruciating arthritis pain until he discovered a natural treatment that completely stopped the pain.



"THE years of bending and stooping at the operating table had left me with constant pain in my neck, and lower back.

I loved my job and being able to improve the lives of others gave me huge job satisfaction, but having served the NHS for over 30 years, often under very stressful circumstances, I was very much looking forward to my retirement.

Long walks, exploring the countryside, playing more golf and travelling with my wife Helena, were all on the agenda.

Sadly, when I finally did retire last year, it didn't go to plan! Within weeks I was in constant debilitating pain in my neck, back and knees, which put a stop to a lot of my retirement plans!

I felt I was falling apart!

I think that after years of working at full steam, now that I had stopped, my body finally decided to give up. I felt I was falling apart.

This was a big wake up call, I really needed to start looking after myself so I could enjoy the years ahead.

During my career I tried to keep up with the latest research and treatments, so now I had retired, I could spend time focusing on what I actually needed: ***something to stop my arthritic pain.***

I discovered plenty of drugs that might stop the pain, but of course they have a long list of negative side effects. What I really wanted was a natural treatment that would stop the pain, but also have no side effects.

That's when I came across some research by the *French Society for Endobiogeny and Medicine (SFEM)*. They had identified some remarkable properties of Illite clay, also known as French Green Clay.

They found that this clay was an excellent antiseptic, could help get rid of toxins, and it was also a powerful natural pain killer.

Miracle Earth

This particular clay is found only on the south coast of France and is packed with an unusually high concentration of essential trace elements such as calcium, iron, potassium, magnesium, etc. Locally, they call it *'Miracle Earth'*.

The more I read about Green Clay the more I was convinced that this could be the answer to my problems, and with a bit more research I found a health company who make a gel using Illite green clay as one of its main ingredients.

The gel is called Advance 7 and not surprisingly, it first launched in France but has been available in the UK now for a few years.

Clinically proven for pain relief

Advance 7 gel is made from green clay but also contains six other natural ingredients, including Horsetail, Devil's Claw, Peppermint, Rosemary, Cajaput and Thyme, all of which have proven clinical evidence for pain relief.

This was exactly what I needed, so without hesitation, I ordered two tubes, taking advantage of a special offer where I received a third tube for free.

It didn't take long for me to find out how well it worked.

The very first day I used it, my pain almost went entirely.

Within a week, it had gone completely. Remember, I was in excruciating pain that was stopping me getting on with my retirement, and now I had no pain at all!

The Illite clay in Advance 7 really does work. It has cured my arthritis pain.

That was six months ago, and now life is pretty good. I use the gel daily and have no more debilitating pain. I wish I'd found this whilst I was still working!

It works wonders on my neck and back, but the big win has been my knees, I have no more pain and can walk for hours without so much as a niggle,

I would urge anyone to give it a go, it's well worth a try. I am now doing everything I planned for my retirement and have even booked a walking holiday in the Pyrenees to celebrate my new-found, pain free, good health."

■ Advance 7 soothing gel is available in the UK exclusively for £24.50. They are running a discount offer, if you order 2 tubes you get 1 FREE.

They also offer a 90-day money-back guarantee, so if it doesn't work, you get a full refund. To order and take advantage of this special offer call FREE on 0800 059 0701, quoting discount code 122AD.

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for a multitude of metabolic functions. Produced mainly in the liver, SAMe promotes proper DNA methylation, supports cell structure and function, and is required to produce serotonin, dopamine and norepinephrine—key feel-good chemicals in the brain.

For decades, SAMe has been studied for its potential as a natural antidepressant. Last year, in a systematic review and meta-analysis, researchers compared the efficacy of SAMe to that of prescription antidepressants in people with depression and found it worked just as well.[4]

Suggested dosage: 800–1,600 mg daily; a physician well versed in natural solutions for depression should oversee dosing

L-theanine L-theanine is an amino acid extracted mainly from tea leaves that promotes relaxation and relieves anxiety symptoms, causing little to no drowsiness. It works by regulating brain waves, specifically targeting alpha waves, and by increasing levels of GABA, serotonin and dopamine.

Found in standalone and combination formulas, it's excellent for reducing stress and relieving anxiety.

Suggested dosage: 200–600 mg daily

L-tyrosine Another amino acid I suggest for stress management is L-tyrosine. The body needs it to produce norepinephrine and epinephrine, two brain chemicals critical for mitigating stress. It's found naturally in most protein-containing foods, and supplemental L-tyrosine can provide much-needed mental health support.

Suggested dosage: 500–1,500 mg daily

Valerian Found in many combination sleep formulas, valerian, derived from the *Valeriana officinalis* plant, is well known for its relaxation and anti-anxiety properties. In most cases, valerian is as effective as anti-anxiety medications, but without the long list of troubling side effects.

Many people also find it lifts their mood. Because it can cause drowsiness, I typically suggest using it at bedtime.

Note: Do not use valerian while taking any other central nervous system depressants, such as alcohol, narcotic painkillers or benzodiazepines. Valerian can interact with these substances, potentially increasing their effects.

Suggested dosage: 300–600 mg daily in the form of root extract

The importance of self-care

Often, the first thing to fall by the wayside when we're overwhelmed is self-care. Sleep hygiene falters, we don't nourish our bodies with proper food or enough water, we don't exercise or spend time outside, and we don't focus on the little things that bring us joy.

Without an outlet for all the stress and anxiety, the mental health burden continues to grow. If you find yourself on this slippery slope of self-neglect, try using this checklist daily for a few weeks to see if your outlook improves.

Affirmations When you wake up, look in the mirror and say something positive, such as "Today will be a great day" or "I'm strong, confident and healthy." Choose a phrase that resonates with you and repeat it multiple times throughout the day.

Journaling Write out all your thoughts—positive and negative—first thing in the morning with your coffee if you'd like to set your intentions for the day, or right before bed for a more reflective approach. Don't censor yourself; just let your thoughts flow onto the page.

Boundaries Whether it's work, social or familial obligations, set boundaries to protect your mental health and well-being. Say no to non-essential responsibilities and know your limits.

Hot bath Draw a bath each evening, add Epsom salts and clarifying minerals, light a candle or dim the lights, and read or listen to soothing music. It will help your body detox and relax.

Sleep Nearly all aspects of life are improved when we get proper sleep. Do whatever you can to get seven to nine hours every night.

Alone time It's more than okay to prioritize yourself and do something just for you. Even if it's just five minutes alone to meditate or read a few chapters of a good book, carve out those precious moments for yourself each day.

Chamomile A cup of chamomile tea has long been synonymous with calm and comfort, and for good reason. One of its most potent flavonoids—apigenin—modulates GABA receptors, producing a relaxing sedative effect.

A recent systematic review found chamomile can treat a wide range of disorders related to anxiety, from generalized anxiety disorder (GAD) to menstrual cycle anxiety, postmenopausal anxiety and insomnia-driven anxiety. It also helped people in the recovery phase of psychological disorders and caused no adverse effects.[5]

Suggested dosage: 1–2 cups of chamomile tea or 250–2,000 mg as a supplement daily

Magnesium Magnesium is an essential mineral that your central nervous system, cardiovascular system and musculoskeletal system all rely on. It plays a role in regulating blood sugar and balancing calcium levels, and it also helps alleviate anxiety and depression.

Suggested dosage: 300–400 mg daily

Mucuna pruriens This tropical plant, often called velvet bean, has been used in Ayurvedic medicine for ages to treat depression and mood disorders. It contains levodopa (L-dopa), the direct precursor to dopamine.

Increasing L-dopa levels can promote better mood, cognition and libido and a generalized sense of well-being. Regular

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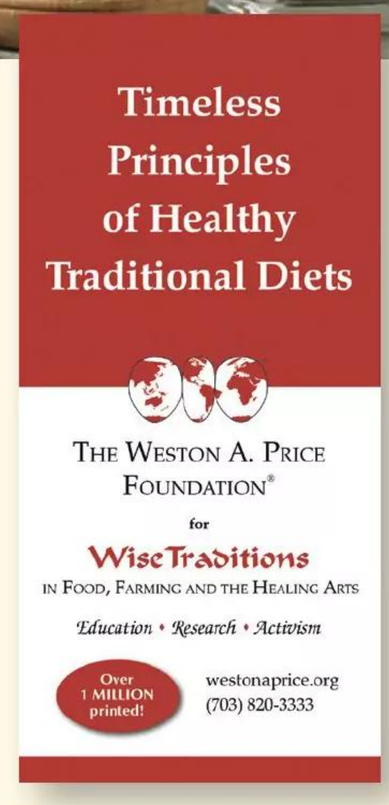

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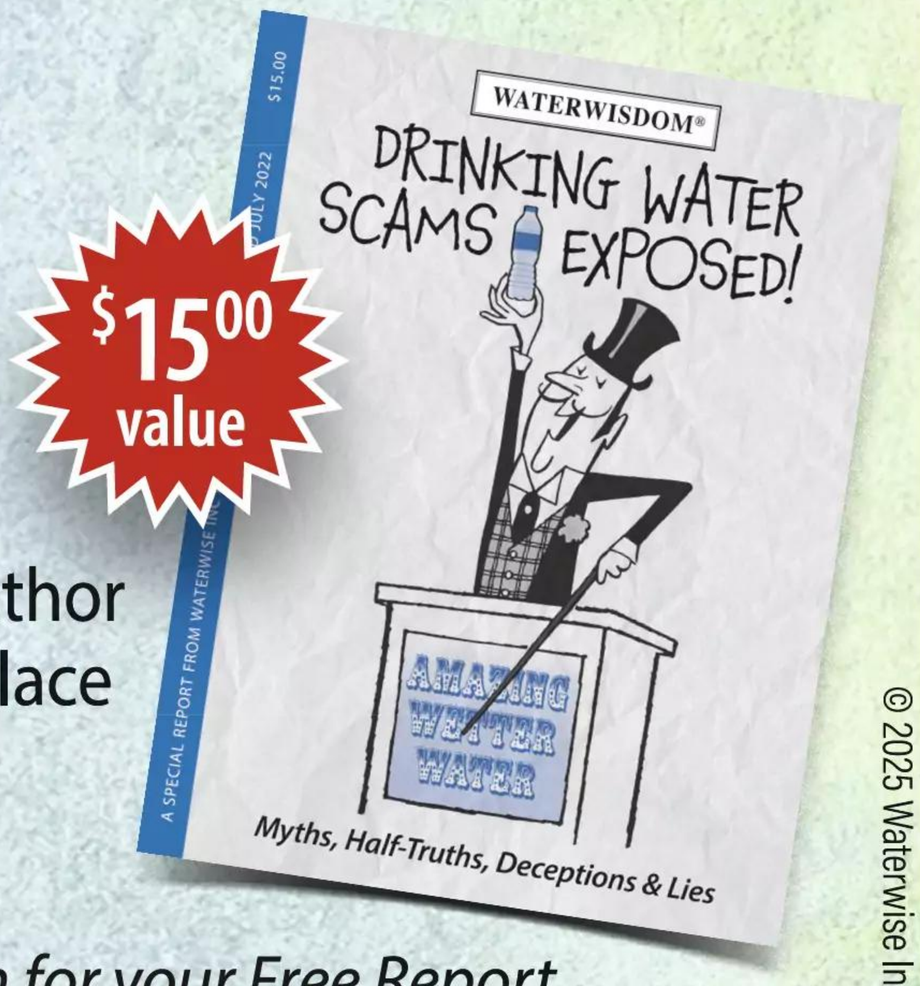

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WDDTY

use of a quality *M. pruriens* supplement, as directed by your doctor, is an excellent way to support your mental health.
Suggested dosage: 100–500 mg daily

Lavender Lavender has a rich and storied history and has long been used as a natural remedy for anxiety and stress. It can do wonders for promoting peace, tranquility and a balanced state of mind.

Note: I don't typically recommend ingesting essential oils unless expressly prescribed by your physician. They can be very potent when taken orally. And if you have estrogen-dependent cancer (i.e., breast or ovarian), essential oils including lavender, sage, fennel and aniseed may actually promote tumor growth because they contain estrogen-like compounds.
Suggested dosage: A few drops of high-quality lavender oil in a bath, on your pillow or diffused in the air

Ashwagandha Used for over 3,000 years in Ayurvedic medicine, this medicinal plant has been clinically proven to lower stress, anxiety and cortisol levels.[6] Standardized doses in capsules, powders, teas, liquid extracts and gummies are widely available.
Suggested dosage: 300–600 mg daily

Mind-body therapies

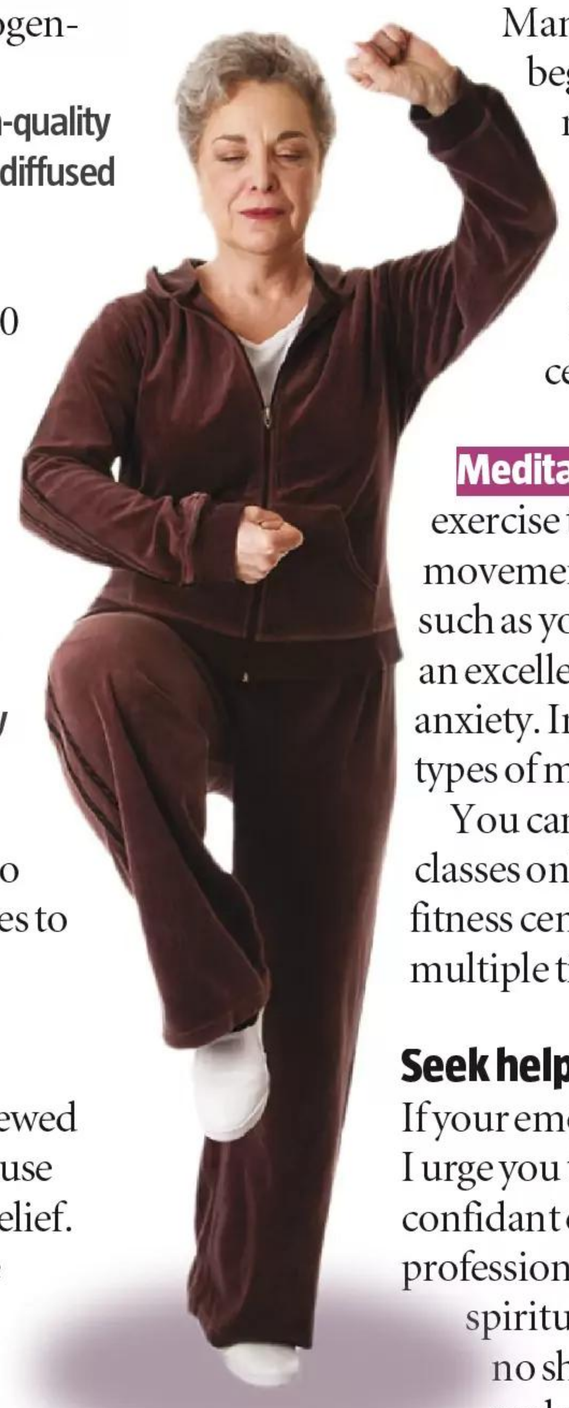
Several therapies and practices also have proven benefits when it comes to relieving stress and anxiety.

Massage Thousands of studies published in numerous peer-reviewed medical publications support the use of massage for stress and anxiety relief. Massage works by stimulating the parasympathetic nervous system.

Endorphins are released, cortisol levels decline, circulation improves and the lymphatic system is activated—all positive effects that are beneficial for total-body wellness and relief from mental and physical burdens. Look for a licensed and skilled practitioner in your area and, if possible, schedule regular massages to destress and unwind.

Acupuncture The ancient healing practice promotes blood flow, reduces inflammation, relieves pain and has a wide range of positive effects on stress, depression and anxiety. Clinical studies show acupuncture is safe, effective and well tolerated in patients with GAD. Consult with your physician to see if this therapy is right for you.

Meditation Teaching yourself to meditate correctly and undertaking this mindful practice regularly can significantly reduce stress, anxiety and depression. Meditation is an excellent way to practice self-reflection, reframe negative thoughts and emotions, and quiet a busy mind. Better still, it can be done anywhere, at any time.



Many people, especially beginners, find guided meditation through YouTube videos or apps helpful. The important part is finding quiet time each day to breathe deeply, relax and center yourself.

Meditative movement Any exercise that incorporates breathing, movement and focused intention, such as yoga, tai chi or qigong, can be an excellent way to relieve stress and anxiety. In fact, these exercises are all types of meditation.

You can find plenty of tutorials and classes online, via apps, or at your local fitness center. Practicing the exercises multiple times per week is ideal.

Seek help if you need it

If your emotional health is in danger, I urge you to seek help from a trusted confidant or friend, a licensed professional, a holistic healer, or a spiritual advisor. There is absolutely no shame in feeling depressed and stressed.

Talking about your mental health and actively making changes to eliminate chronic stress and boost your mood can prevent the bodily conditions that allow cancer and other chronic health problems to thrive.

My thoughts on anxiety and depression medications

Conventional medicine practitioners are quick to dole out prescription medications for anxiety and depressive disorders. But selective serotonin reuptake inhibitors (SSRIs) and benzodiazepines come with long lists of dangerous side effects—some even requiring a black-box warning for increased risk of suicide.

As a practitioner whose aim is to promote health, not diminish it, I can't condone the use of these medications when safe, natural and effective options exist. Just remember to talk to your doctor before stopping any prescription drug or beginning any new supplement.

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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 makes sense of magnesium supplements, sheds light on how to get UVB therapy and offers natural options for pain relief

How to choose a quality magnesium supplement

Magnesium is an essential mineral involved in hundreds of processes throughout the body. One of its key roles is supporting the health of your mitochondria, the tiny powerhouses inside your cells that fuel virtually every aspect of human health (see "Mind Your Mitochondria," page 26). And not getting enough of it can lead to a wide range of symptoms—from fatigue to cramps to irregular heartbeat—and increase your risk of various chronic diseases.[1]

Although magnesium is found naturally in plenty of foods, such as leafy green vegetables, whole grains, nuts and seeds, many of us have magnesium intakes below the recommended levels.[2] In fact, data suggests that almost half of the US population consume less than the required amount of magnesium from food.[3]

This is where magnesium supplements step in. But with countless products available, how do you choose a magnesium supplement that's high-quality and right for your needs? Here's a quick guide to what to look for and a few top products to try.

What to look for

Form Magnesium comes in many forms with varying bioavailability (ability to be absorbed and used by the body) and potential benefits. Magnesium malate, glycinate (or bisglycinate) and citrate are all well-absorbed forms recommended in "Mind Your Mitochondria" for supporting mitochondrial health. But be sure to check which form is best for your needs.

Elemental magnesium content Recommended daily intake amounts of magnesium are typically for elemental magnesium (pure magnesium), not compound magnesium, in which magnesium is bonded with other elements, as in the examples above (for instance, magnesium malate combines magnesium with malic acid). So make sure you check the label for the amount of elemental magnesium you'll be getting per capsule or per serving. Some products specifically state "elemental magnesium" on the label, while others list the amount of "magnesium" and state the form of magnesium in brackets. If you're unsure, contact the company to find out.

Ingredients Check the ingredients list to make sure the formula is free of added nasties and unnecessary additives like sugar, sweeteners, or artificial colors and flavors. If you suffer from allergies, look for allergens on the label and seek out hypoallergenic formulas.

Dosage Check the amount of magnesium you are getting per capsule, not just per serving, and how many capsules you would have to take each day to get the right dosage for your needs. The usual recommended dosage is 200–400 mg a day, in divided dosages to improve absorption and avoid stomach upset. Depending on your lifestyle and how good you are at remembering to take supplements, a two-a-day formula may suit you better than one you need to take four times a day.

Testing Is the product tested, ideally by a third party, for potency and purity? In other words, does the label description match what's actually inside, and is the product free of harmful contaminants like pesticides and heavy metals? If it's not clear from the label or the company's website, get in touch with them to check.

High manufacturing standards Is the supplement manufactured according to stringent quality standards? Look for products made in accordance with good manufacturing practices (GMPs) and companies transparent about their processes and ingredient sourcing.

Products to try

Here's a selection of high-quality magnesium products to try—all using well-absorbed forms of the mineral.

US

Double Wood

Mag-8 Magnesium Complex, $19.95 (180 capsules)

doublewoodsupplements.com

With eight forms of magnesium—bisglycinate, citrate, taurate, orotate, L-aspartate, malate, oxide and ascorbate—this complex gives you a well-rounded approach to supplementation and 142 g elemental magnesium per capsule. Double Wood follows GMP methods and provides third-party testing results and lab analysis certificates to show purity. It's a good value option, although the formula does include vegetable stearate and silica.

UK

Swallow

Pro Magnesium 4, £30 (30 capsules)

theswallowco.com

Combining four different forms of magnesium—magnesium bisglycinate, malate, taurate and citrate—this vegan formula supplies 150 mg elemental magnesium per capsule, along with vitamin D3 and zinc to enhance magnesium's benefits, and vitamin B6 to aid absorption. There are no additives like sweeteners, colorings or bulking agents and the product is third-party tested and free of all the common allergens.

US & UK

Thorne

Magnesium CitraMate, $21/£16.06 (90 capsules)

US: thorne.com
UK: uk.iherb.com

A combination of magnesium citrate and dimagnesium malate, this supplement will give you 135 mg elemental magnesium per capsule. The product has been third-party tested and certified to verify the contents match the label and to confirm it contains no unsafe levels of contaminants, such as heavy metals, pesticides and microorganisms.

Love Life Supplements

Magnesium Glycinate, $35.87/£31.95 (240 capsules)

lovelifesupplements.co.uk
International shipping available

Like all LLS supplements, this product is third-party lab tested (with certificates of analysis available to view on the company's website), GMP-certified, and made without bulking agents or cheap fillers. There are 303 mg elemental magnesium per serving, but a serving size is four capsules, so each capsule provides 75.75 mg magnesium.

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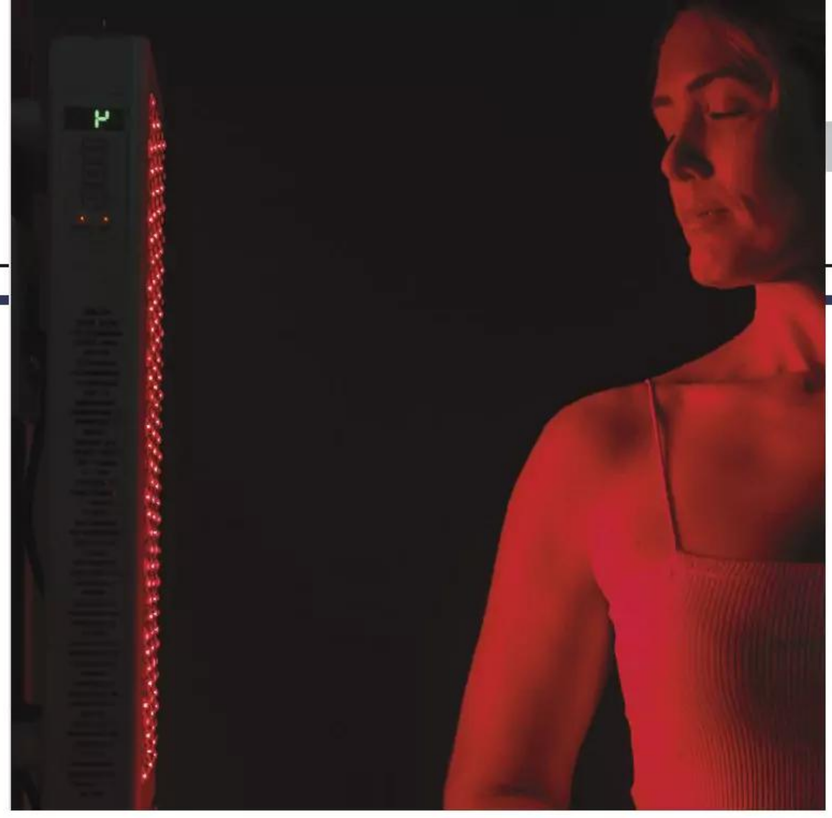
How to get UVB therapy



In "Light Relief" (page 42), Cate Montana explores ultraviolet (UV) light therapies such as UVB therapy, which is often used to treat skin disorders such as psoriasis, eczema and vitiligo. If you're looking to try this therapy, you'll typically need a prescription from your doctor or dermatologist, as it's a medical procedure designed to be used under the guidance of a health professional. Your doctor or dermatologist should be able to recommend or refer you to a clinic offering UVB therapy near you, or you can search online.

UVB therapy can also be done at home via a UVB phototherapy device designed for home use. These handheld devices use narrowband UVB (around 311 nm) and come with safety features such as built-in timers and locked controls. But again, you'll usually need a prescription to buy one, especially in the US. Here are a few devices, all medically certified.

US

Yonker

YK-6000BT Handheld UV Device, $299

dermfix.us

UVTREAT

Pro Corded Narrowband Handheld UVB 311nm Lamp, $309

uvtreat.com

UK

Dermfix

Dermfix 2000SX UK Version, £349

dermfix.uk

CareLamps

Derma UVB Narrowband Phototherapy Lamp, £169

carelamps.com

Natural ways to ease pain in pregnancy

If you'd rather avoid taking painkillers during pregnancy (see News Focus, page 20), here are some alternative options to consider. Check with your doctor or midwife before trying anything new.

Warm baths can ease aches, pains, cramps and swelling. Just make sure the water isn't too hot. Adding a few drops of lavender essential oil to the bath may provide further relief, but avoid the use of essential oils in the first trimester.

Massage is known to promote relaxation and soothe pain during pregnancy as well as labor.[1] Find a massage therapist near you who offers prenatal massage.

Acupuncture appears to relieve pregnancy-related lower back and pelvic pain by improving blood circulation, relaxing muscles, reducing inflammation and regulating hormones.[2] To find an acupuncturist near you, visit acunow.org.

Magnesium is generally safe to take during pregnancy and may help relieve headaches and migraines.[3] It can also alleviate pregnancy-induced leg cramps.[4]

Suggested dosage: Check with a practitioner about the right form and dosage for you, especially if you're already taking a prenatal supplement that includes magnesium

Yoga can relieve pregnancy-related lower back and pelvic pain.[5] Join a prenatal yoga class or check YouTube for some simple yoga poses to ease pain in pregnancy.

Homeopathy can be a safe way to alleviate pain in pregnancy. Consult with a homeopath who can recommend the right remedy for you.

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Is anyone really teaching our kids nutrition?

The disease merry-go-round

Bryan Hubbard

The other day I decided to change the world, but the world wasn't interested. It told me so, and well within the statutory 14-day notice period.

The big idea was simple enough: Teach the kids about nutrition, and the next generation won't be such a strain on health services. In my ideal world, nutrition would become a mandatory subject taught in all schools; if the doctor knew nothing about nutrition, at least the patient would.

I created a petition on the UK Parliament website, where as a nod to the democratic process, any that garner at least 100,000 signatures will be discussed in Parliament.

The petition had to first pass muster with the Parliamentary goon squad that weeds out any petitions that are racist (not us), inspire violence (again, not us) or insurrection (if only), or are asking for something that already exists (yes, that was us). And so, long before the 14-day review period ended, I was sent a firm rejection.

Yes, folks, nutrition is already taught in schools across the UK. I should have guessed from the number of slim kids walking around snacking on lentil salads and the "Going out of business" posters plastered across the windows of McDonald's.

But then, when I say "nutrition," I may be conjuring up a completely different universe from the one with the type of nutrition currently being taught in schools. For them, it's a subject touched on every other Thursday afternoon by the gym teacher, whose idea of a balanced diet is a variation of Seriously Salt & Vinegar and Saucy Tomato Ketchup crisps (US: potato chips).

At least in the US, health secretary Robert F. Kennedy Jr is taking the subject seriously and mandating that medical schools start teaching nutrition at a substantial level. Previously it warranted just nine hours of the roughly 50,000 hours required to train a doctor.

It's a crucial point. If the doctor and patient together know little or nothing about nutrition, we're condemned to eternally circle the doom loop of health services that devour more and more money.

The UK currently spends around £210 billion ($280 billion) a year on disease care, which is dwarfed by the US's $4.3 trillion (£3.2 trillion) spend—that's around $13,432 (£9,990) for every American—on drugs prescribed for chronic problems that have been wrongly blamed on us having the temerity to live too long rather than living too poorly.

As every hardened *WDDTY* subscriber knows, very few drugs cure. Most instead merely manage symptoms, and so every year the drugs bill rises as the population requiring remedies for chronic symptoms grows.

The UK's National Health Service (NHS) is funded by the public purse and is close to its breaking point, as every fool can see. One clever ruse to keep things functioning is to stop the sick getting to see a doctor in the first place, and this has worked remarkably well and kept the sick at bay.

Very few drugs cure; most merely manage symptoms, and so every year the drugs bill rises as the population requiring remedies for chronic symptoms grows

The gatekeeper to the fabulous world of NHS services is the family doctor, or GP (general practitioner). As most Brits know, there's a golden window—which lasts roughly four minutes—when everyone in the neighborhood phones in to grab that coveted five-minute appointment with the doctor.

With everyone phoning at the same time, few, if any, actually get through. Those who have well-honed Darwinian survival instincts and get their call answered then face the next hurdle: the Dragon at the Gate (DG). She (for sure—it's invariably a fire-breathing female) needs to be convinced that you deserve to see the doctor.

The DG is very familiar with the science of regression to the mean. This concept recognizes that most ailments will disappear, often in 14 days or so, without any drugs or other medical intervention. Knowing this, the DG will suggest an appointment be scheduled in, say, 14 days' time.

If the caller counters that they may be dead by then, the next phase of questions is triggered: What are the symptoms? How long have you had them? Ever thought of taking out private health insurance?

The government wants GPs to embrace the technology of online booking forms. But GPs have made it abundantly clear that if they have to see patients, they'll go on strike. The doctors' trade union, the British Medical Association (BMA), has said it will take industrial action if the government goes ahead with plans to improve access to online booking systems.[1]

And so the merry-go-round of disease management goes on and on. Did anyone mention nutrition?

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