

\$7.50

“THE DIRTY DOZEN” DANGEROUS DRUGS

Another in the Life Sources' Client Education Series

**This pamphlet is complimentary to Life Sources' clients.
This pamphlet may be purchased by the general public from:**

Life Sources, Inc.

5006 Sunrise Blvd., #101

Fair Oaks, California 95628

916-536-9930

www.life-sources.com

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The 12 most Dangerous Prescription Drugs...

And the Alternative Therapies we recommend to replace them.

An article appeared in the Washington Post of April 1998, stating that..."106,000 people die annually in the U.S. from *properly* prescribed drugs." The article says that heart medications, blood thinners and chemotherapeutic agents cause the most deaths. This is an American tragedy and we hope the following information will be beneficial to healthcare professionals and others looking for alternatives.

Our list of the most dangerous drugs includes the following.

- a) **Prednisone or Cortisone** – No physician I know would want to take prednisone for more than 2 weeks. It works great in the short term for things such as poison ivy. The long term side effects of this drug is devastating to the body. We have seen people in nursing homes whose bodies are totally destroyed by prednisone. Some of the side effects, as listed in the Physician's Desk Reference are as follows:

- High Blood Pressure
- Fluid Retention
- Potassium Loss
- Muscle Weakness
- Osteoporosis – including fracture of long bones and broken vertebrae
- Peptic Ulcers
- Intestinal Bleeding
- Thin Fragile Skin – including increased bruising
- Moon Faces
- Poor Wound Healing
- Diabetes
- Cataracts
- Reduced Resistance to Infection

This is only a partial list of the devastating effects on the body by long term cortisone and prednisone usage. We have seen the effects of long term usage with many clients at Life Sources.

You can gradually taper off prednisone over a period of 3-6 months if you take the supplements we recommend. We suggest you follow "How To Supplement for Optimal Health" at the end of this paper. It is never too late. Most doctors are too busy and find it easier to simply renew prescriptions for cortisone and prednisone. We have asked patients to ask their doctors if they would take prednisone or cortisone for more than 6 months. If he/she would not, why are they prescribing it for their patients? Seems to us to be a very elementary question.

We recommend the following for tapering off prednisone and cortisone:

- The *Life Source's Program for Health Maintenance* – Plus add the following for at least 3 months:
- **OPC 165™** – 1 capsule 3x daily before meals.
- **Squalamine** (Norwegian Shark Liver Oil) – 1 capsule 3x daily before meals.
- **Daily Health™ Formula** (A complete-complex formula including Digestive Enzymes, Amino Acids, Minerals and vitamins excluding Vitamin K, B-12 and Iron for those on heart medications) – 2 capsules 3x daily.
- **immuzyme™** – 3-5 capsules 3x daily on an empty stomach.

WARNING! If you have taken prednisone or cortisone for more than 6 months, **DO NOT STOP TAKING IT WITHOUT THE HELP OF A HEALTHCARE PROFESSIONAL.**

These pharmaceuticals should have been banned 25 or more years ago but it is common practice today.

2. **Methotrexate** – and other chemotherapeutic agents. “Chemotherapeutic” is an absolute oxymoron! How is prescribing a poison that kills every cell in the body, not just cancer cells, therapeutic?
Methotrexate is used indiscriminately by many rheumatologists and other practitioners to treat rheumatoid arthritis...along with prednisone! This is a deadly combination, especially when used long term. A colleague of mine was being interviewed on radio by a cardiologist, Dr. Patrick Fratellone when he responded to a caller and said “Never, never take prednisone.” A wise doctor indeed. Doctors cannot be sued for prescribing what is acceptable practice within the medical field.

The *Physician's Desk Reference* lists the following side effects of Methotrexate:

- Cause fetal death and congenital anomalies.
- Liver and Kidney toxicity.
- Bone marrow depression.
- Lung disease – which can be fatal.
- Reacts with NSAID's – which can be fatal.
- May cause intestinal bleeding and ulceration.
- Depresses the immune system.

Methotrexate works by antagonizing and inhibiting the absorption of folic acid, an essential B Vitamin! Studies have demonstrated that folic acid is necessary to prevent the buildup of homocysteine in the arteries of the heart. Blood homocysteine levels are the best indicator of heart attack risk than cholesterol.

We have a problem with any rationale of prescribing methotrexate which blocks the action of such a necessary nutrient as folic acid!

We recommend the following for rheumatoid arthritis:

- The *Life Source's Program for Health Maintenance* - Plus add the following for 3 months:
 - **The Original Olive Leaf Extract (Ameriden)** – 1 capsule every 2 waking hours.
 - **OPC 165™** – 1 capsule 3x daily before meals.
 - **Squalamine** – 1 capsule 3x daily before meals.
 - **immuzyme™** – 3-5 capsules 3x daily on an empty stomach.
 - **Daily Health™ Formula** (Enzymes) – 2 capsules 3x daily.
 - **Glucosamine Sulfate with Chondroitin** – 500 mg 4x daily.
- b) **Coumadin or Warfarin** – (blood thinners). We have had much personal and professional experience with these dangerous drugs. In many cases people have bled to death with simple razor cuts or small falls that would not have harmed a normal individual! We cannot understand how thinning blood with rat poison (yes, it is rat poison) can make anyone better! Coumadin and Warfarin weaken blood vessels and cells. So why are these drugs continually prescribed to prevent strokes and heart attacks? Clinical trials have proven that all rats and mice die when they ingest enough Coumadin or Warfarin... they bleed to death! Many prescribing physicians love these drugs. They require repeated visits and laboratory tests and generate incredible incomes for them and the pharmaceutical companies.

There are many natural supplements that provide better protection against heart attacks!

We recommend the following:

- **Vitamin C** – 1,000 mgs. daily. The late double Nobel Prize winner, Dr. Linus Pauling explained how Vitamin C coats the red blood cell (RBC's) walls and prevents them from breaking and bleeding. However, too much Vitamin C inhibits the absorption of calcium.
- **Vitamin E** – 400 IU. Vitamin E coats RBC's and binds collagen in blood vessels to prevent bleeding and strokes.
- **OPC 165™** – This substance has been used for over 30 years in Europe to treat blood disorders and circulatory problems. It has antioxidant and collagen binding properties 20x higher than Vitamin C and 50x higher than Vitamin E. On February 24, 1998, Peter Rohdewald of Altenberge, Germany was given a U.S. Patent # 5,720,956 which claims that OPC's are far superior and safer than aspirin in preventing heart attacks and strokes.

- c) **Cholesterol Lowering Drugs** – Americans have made wonderful strides in changing their diets for the better and reduced their overall cholesterol levels from an average of 220 in the 1960's to a current average of 205. However, even the venerable American Heart Association has finally admitted that cholesterol levels are not indicators of potential heart disease! **In fact, you may actually increase your risk of stroke** since your body utilizes cholesterol to maintain cardiovascular health!

There are three types of cholesterol lowering drugs:

- a. **Statin drugs** – Mevacor, Zocor, Pravachol and Lescol. These drugs, generically known as lovastatin, simvastatin, pravastatin and fluvastatin, reduce production of cholesterol in the liver and alter the way in which LDL cholesterol enters the cells.

According to the *Physician's Desk Reference* these drugs have known side effects of liver toxicity, muscle inflammation, gastrointestinal symptoms and eye problems including cataracts! This possible toxicity requires at least 6 months of blood test monitoring with each prescription. A preventive approach of a diet high in enzymes and antioxidants with Vitamin E, Vitamin C, beta-carotene, folic acid and B-12 would predictably lower the risk of heart disease substantially and certainly far more than Statin drugs without the side effects.

- b. **Bile acid sequestering agents or resins** – Colestid and Questran. These drugs (generically known as colestipol hydrochloride and cholestyramine) absorb bile acids which are produced from cholesterol in the intestinal tract and cause them to be excreted, thereby lowering the levels of cholesterol circulating in the blood. These drugs have considerable side effects such as constipation, nausea, bloating and more. More serious side effects include reduced absorption of Vitamin A, D, E and K. Long term use may cause bleeding disorders, vision problems and high triglyceride levels!

- c. **Atromid and Lopid** – Although these drugs (generically known as clofibrate and gemfibrozil) raise HDL levels and lower triglycerides and their risks are huge. According to a long term study published by the World Health Organization, Atromid-S actually increased deaths from non-cardiac causes (primarily cancer and gallbladder complications and pancreatitis) by 44%.

If cholesterol levels were precursors to heart disease, Eskimos (who eat raw blubber as a steady diet) would have become extinct due to heart disease ages ago. Yet, heart disease is virtually non-existent among these people.

There are safer and natural ways to lower cholesterol:

We recommend:

- **The Life Source's Program**, which includes a low-fat, high complex carbohydrate diet, exercise, water and nutritional supplements including enzymes, antioxidants, minerals, fiber and essential fatty acids. This will not only lower your cholesterol but have a profound beneficial effect on your overall health.
 - Additionally, exercise raises HDL levels even though it may not lower overall cholesterol in everyone. Half an hour of aerobic exercise 4 days a week is ideal and well within everyone's schedule.
 - Take Vitamin C which has been shown to lower cholesterol in animals. Recent research suggests that it is oxidized LDL's that does the most damage to arterial walls. It is found in animal products exposed to heat and air through cooking or processing. Antioxidants "sweep up" these oxidizing free radicals.
 - Take Essential Omega -3 Fatty Acids either in the form of wild fishes, oil supplements such as **Squalamine** or flaxseed. A 1991 study examined the effects of Omega-3 fatty acids from cold water fish. Of 25 men with high cholesterol, after 5 weeks on 5,000 mgs of fish oils per day or eating cold water fish regularly, triglyceride levels actually decreased significantly. Diabetics should limit their Omega-3's to 3,000 mgs or less a day.
 - Take Niacin, particularly the inositol hexanicotinate. It is the best single remedy for lowering LDL levels and raising HDL levels. Even conventional doctors recognize the power of niacin and recommend it. Inositol hexanicotinate has none of the side effects of niacin and is completely safe. Start with 500 mgs 3x daily with meals. If your cholesterol is above 280, increase the dose to 1,000 mgs 3x daily after 2 weeks. Have your levels checked in about 2 months. If you've improved you may not need to continue it. If your cholesterol is still rising, stay on the higher dosage. *Niacinamide, incidentally, has no effect on cholesterol.*
5. **Prozac** – Most of the many drugs prescribed for depression are not only harmful, but highly addictive. The runaway best seller for depression is Prozac (fluoxetine hydrochloride) and is currently used by more than 6 million Americans and 12 million worldwide. ***Of all the drugs to caution you against this is the drug that terrifies us the most!*** Its side effects are far more serious than addiction.

Warning! Most, if not all, of the students involved in the random shootings such as Columbine, the Jewish Daycare Center in California and the stock trading center in Atlanta were on Prozac, Zoloft or Ritalin. (Yet, the gun companies were sued and not one brought against the drug companies.) One of the most serious side-effects of Prozac is the "I don't give a damn" attitude which anyone who takes Prozac can attest.

Prozac, Zoloft, Paxil, Lovan and Luvox belong to a class of drugs which alter the mechanism that balances levels of the neurotransmitter serotonin in the brain. Along with other neurotransmitters, serotonin affects mood, agitation, anxiety and sleep. Too much serotonin makes people anxious and obsessive while too little is believed to be a major cause of depression. These drugs mock the re-uptake or removal of serotonin by nerve cells in the brain, thus leaving more serotonin to bind to the receptor sites. This has been shown to alter mood and behavior.

However, these drugs also produce a condition of constant agitation known as *akathasia* which comes from the Greek word meaning “unable to sit down.” It is estimated that 10-25% of Prozac users experience this side effect, often in conjunction with suicidal thoughts, hostility and violent behavior. Akathasia is to impulsive violent behavior as a cliff is to a waterfall. You don’t have this kind of violence without akathasia.

What is often overlooked in this surge of pharmaceutical mania is that depression can be a normal natural response to certain life events such as the loss of a loved one. *It does not always need treatment.*

Additionally, most doctors rarely consider the many organic causes of depression. It is well known that prescription drugs, especially beta blockers, steroids, birth control pills and tranquilizers induce depression in many people. Chronic diseases are often accompanied by a depressed mood which often lifts once the underlying problem is rectified. Food allergies and other dietary factors, such as excess refined carbohydrates, alcohol, tobacco, aspartame, essential fatty acid and B complex deficiencies play a large role in depression.

We recommend the following:

- **Aerobic exercise** – (Bicycling, swimming, walking, etc.). Exercise is the cheapest most readily available and effective antidepressant there is. Like antidepressant drugs, physical exercise literally alters the brain’s chemistry, but in the most natural health enhancing way by elevating endorphin levels. Endorphins are powerful mood enhancers and, if they could be bottled and sold, would put Prozac’s estimated 52 billion dollars in annual sales to shame. Over 100 clinical studies have shown that exercise is as effective as drug therapy. A brisk 20-30 minute walk 3x a week may be just what “the doctor ordered” to lift your depression.
- **St. John’s Wort** – (*Hypericum perforatum*) This yellow flowering plant grows abundantly in the wild. Hypericin is the active ingredient and pharmaceutical grade can be standardized to contain 0.3% active hypericin. The usual dose is 450 mgs 2x daily. Be cautious about inexpensive products that contain binders and fillers such as cellulose. St. John’s Wort is poorly absorbed from the intestinal tract and requires water a soluble bioavailable form in order to pass the blood brain barrier where it can be utilized by the brain cells. A recent study at Vanderbilt University cited a double blind study that concluded

St. John's Wort is no more effective than the placebo. However, the test may have been skewed by non-standardized, poor bioavailable quality St. John's Wort. Additionally, the placebo may have been B₁₂ which is a common placebo in clinical trials and has been shown to have an effect on depression itself. So the statement that "St. John's Wort proved only as effective as the placebo" may hide a flawed "clinical trial" designed to prove the ineffectiveness of St. John's Wort. (The study, incidentally, was funded by the makers of Prozac).

- **Tryptophan** – In some cases, however, more drastic treatment is warranted and, even for this, there are safe alternatives to Prozac. Serotonin, the neurotransmitter that Prozac works on, is made in the body from the amino acid tryptophan. While Prozac more or less locks the system in a state of perpetual serotonin flood, which may be the mechanism that leads to the suicidal thoughts and violence, supplemental tryptophan gives your body the building blocks it needs to generate its own supply of serotonin. Until 1989, thousands of people bought this inexpensive amino acid at health food stores and used it to alleviate depression, anxiety and insomnia.

Unfortunately, a contaminated batch of tryptophan was linked to an outbreak of a rare disorder. Although it was clearly established in medical journals and even by the FDA that this was caused by a toxic ingredient in a single batch of the supplement, all tryptophan was pulled from the market and was banned from importation into the U.S.

The normal effective dose is 1,000 mgs per day and it is best taken before bedtime as it also aids in sleep. We recommend that you take 50-100 mg of B6 with the tryptophan as it improves the movement of tryptophan into the brain. Tryptophan is available only through compounding pharmacies and by prescription from an M.D.

- 6. Ritalin, Cylert, Dexadrine, Adderal** (Amphetamine and amphetamine-like drugs used for ADD/ADHD) The abuse and misuse of these drugs is well documented and does not bear repeating. Our feeling is that these drugs are used to treat ADD/ADHD because "Johnny" is driving the teacher, counselors and parents crazy and doctors and teachers don't know how to handle the problem. The drugs don't cure....they cover. They quiet the "chaos" because, after Johnny takes 20 mgs of Ritalin, he will quietly sit in a corner like a zombie and will not disturb the class.

These are short acting drugs and, while they do not cause physical addiction, the psychological addiction and dependency is a very severe and real problem. We often spend hours on the phone and in the clinic with parents looking for alternatives to these drugs. Insurance companies and prescription plans will pay for dangerous drugs but will not pay for high quality natural antioxidants and other supplements that will cure the problem. Many folks with small children simply do not have the money to pay for such

supplements. Do you think the FDA cares about these people? If there ever was a reason for "Pro-choice" treatments this is certainly one of them!

We recommend the following:

- With children aged 5-10 years old, 1 OPC 165 per day.
- 500 mgs of Essential Fatty Acids.
- 20 mgs of Zinc.

- For children aged 11-15 years old, 1 OPC 165 2x daily.
- 1000 mgs of Essential Fatty Acids.
- 40 mgs of Zinc.

- Above 15 years old 1 OPC 165 2x daily.
- 1200 mgs of Essential Fatty Acids.
- 50-75 mgs of Zinc.

**FDA Issues Warning on Antidepressants
Possible Suicide, Severe Depression, Anxiety, Panic Attacks in Children and Adults**

March 22, 2004 -- The FDA is issuing a warning about the possibility of worsening depression or suicidal thoughts in people, particularly children, who take any of 10 popular antidepressants especially at the beginning of treatment or when the doses are increased or decreased.

The FDA has sent a letter to drug manufacturers requesting labeling changes on these antidepressants -- warning of possible suicide, worsening depression, anxiety, and panic attacks in adults and children.

Antidepressants involved in this warning label request are:

- Prozac (also sold generically as fluoxetine)
- Zoloft
- Paxil
- Luvox
- Celexa
- Lexapro
- Wellbutrin
- Effexor

- Serzone
- Remeron

"We don't know that the drugs are responsible for these behavioral changes, but nonetheless we're telling physicians and families to be aware of this and that if the behaviors do emerge, to get treatment right away," said Russell Katz, a director with the FDA's Center for Drug Evaluation and Research, in a news teleconference today.

The proposed warning label will "include information about behavioral changes that may occur in patients who are prescribed antidepressant drugs," said Katz.

"This applies to adult and pediatric patients and involves the potential for suicidal thinking or suicidal behaviors and warns the physician and family about any behaviors that might emerge that haven't been experienced before," he added.

But the FDA stopped short of recommending people discontinue taking their antidepressants.

"We specifically decided not to tell people not to use these drugs," said Katz. "We don't think that is necessary at this point."

In addition to looking for signs of worsening depression, the following symptoms may also be a sign of a problem:

- Anxiety
- Agitation
- Panic attacks
- Insomnia
- Irritability
- Hostility
- Impulsivity
- Severe restlessness
- Mania in both adults and children being treated with antidepressants for major depression

If these changes appear, treatment should be evaluated, the FDA says. Medications may need to be discontinued when symptoms are severe, begin abruptly, or if they signal a new disorder.

There also is concern for people who have bipolar disorder (manic depression) but don't know it. Antidepressants have the potential for provoking a manic

episode in these people, the FDA says. Doctors, patients, and family members should be on the lookout for any symptoms of mania, including feeling extremely happy or very irritable, inflated self-esteem, not needing as much sleep as usual, talking, or being more active than usual.

7. Diuretics – Diuretics increase the kidney's normal mechanisms of action, causing a flood of excess water to be excreted. They give rapid relief to people with excess fluid. Many cardiac patients rely on diuretics for this reason and might not be alive today without their help. However, the long term use of diuretics to manage high blood pressure dangerously depletes the body of vital minerals.

Most physicians readily prescribe medications to lower hypertension. However, these medications, particularly diuretics, may lower blood pressure and frequently cause numerous side effects such as that mentioned above. This is particularly true of hypertensives with diabetes which itself causes mineral wasting. Among the vital minerals lost are potassium which physicians often replace with supplements. But all other minerals, including magnesium (especially beneficial to the heart) are completely overlooked.

We believe that diuretics are overused, extremely dangerous and are the specific cause of thousands of deaths per year. In the Multiple Risk Factor Intervention Trial (MRMIT) a large double-blind study was done in 1985. Men with high blood pressure were divided into two groups. One group received the standard drug therapy for blood pressure control, while the other received an aggressive treatment that involved the increased use of diuretics. In the diuretic group, the death rate increased, even though their blood pressure was lower than that of the other group. There was also a significant increase in the onset of cardiac arrhythmias. Both of these were likely due to the substantial mineral loss that occurs in your body with the aggressive use of diuretics.

Diuretics cause your body to discharge vitally needed magnesium, calcium, potassium, sodium, chloride, zinc and iodine in the fluids that are excreted from your body. The loss of these minerals can lead to spasms in your coronary arteries, stroke, irregular heart rhythms and even heart attack.

Diuretics work by blocking the kidney's ability to reabsorb these minerals, in particular sodium. Therefore, they not only cause excessive fluid loss, but also the loss of the other minerals mentioned above. Diuretics may be extremely useful for congestive heart failure, but the daily use of these drugs can be fatal.

The bottom line is that diuretics should not be part of anyone's drug regimen on a long term basis. There are natural, safer and even health enhancing ways to decrease excessive body fluids and we'll mention them now.

Warning! If you have congestive heart failure, you should work with your physician!

If you are now taking diuretics for high blood pressure and wish to naturally lower your blood pressure we recommend you begin by drinking additional pure, clean, filtered water. Follow the Life Source's Plan for Optimal Health and begin taking additional magnesium and calcium. You should consider reducing the fat in your diet and start aerobic exercise 30 minutes a day.

- **OPC 165™** – 1-2 per day before meals.
- **immuzyme™** – 3 capsules 3x daily on an empty stomach.
- **Colloidal minerals** – follow directions on the bottle.
- **Selenium** – 100 mcg daily (supports the liver, high anti-oxidant, and when used in conjunction with LSI's Daily Health Formula, it supports the liver's ability to produce glutathione – a major antioxidant to chelate toxins and metals from the body.
- **400 IU** – Vitamin C – along with Selenium and Daily Health Enzymes

8. **Proscar** – Prostate cancer kills close to 40,000 men a year and the number is rising. Almost every man older than 70 has some cancer cells in his prostate gland. These are slow growing cells that usually do not cause problems. The secret is to keep them contained in the capsule which surrounds the gland. For decades Swedish men with prostate cancer have been treated with “watchful waiting” until the cancer has come out of the capsule of the prostate and is causing symptoms (which incidentally rarely happens). The Swedes found no difference in survival rates and the quality of life of those treated in this way is, obviously, superior to those who have undergone toxic drug and/or radical surgery treatment. The secret is to keep the cancer cells enclosed in the capsule where they do no harm.

A recent *Time Magazine* article reported that the pharmaceutical company Merck was selling Proscar (finasteride) to the National Cancer Institute to run a widespread test to ascertain if the drug could reduce both prostate cancer and benign prostatic hypertrophy, but it also had serious side effects. Women are told to not even handle the drug or have sex with men who are on it as the exposure to their semen could cause urogenital defects in male offspring. Of course, no one in the article mentioned the lipid extract of the herb *Srenoa repens* (saw palmetto) which also blocks testosterone's conversion to dihydrotestosterone. It is less expensive, more effective and far less toxic than Proscar. The reason it was not mentioned is that it is not a drug, but a simple herbal supplement that you can find in health food stores.

If your PSA is less than 10, we don't recommend further tests or biopsies. If your PSA is above 10 and you have no symptoms, your initial treatment involves more than simple watchful waiting, but it most certainly is not surgery, radiation or chemotherapy. The goal is to keep cancer from

metastasizing. Metastasis occurs when tumor cells invade neighboring organs or travel via the bloodstream or lymph system to other parts of the body and take up residence to grow new tumors. It is this spreading of cancer, not the original tumor that kills most cancer victims.

We recommend:

- **OPC 165™** – 1-2 capsules 3x daily.
- **Squalamine** – 15 mgs per pound of body weight daily.
- **immuzyme™** – 5 capsules 3x daily.
- **Saliva Test – for hormone levels**
- **Nature's Balance Progesterone Cream by Life Sources, Inc.**

9. **Diabetes Drugs** – For the insulin-dependent or type I diabetic, whose pancreas produces too little insulin. It is very likely that insulin replacement will be necessary for the rest of his/her life. For people with this type of diabetes, the object is thus not so much to get off insulin, but to prevent the long term complications of diabetes mellitus. The amount of insulin needed however, can be reduced through appropriate diet, exercise and nutritional supplements and the likelihood of complications will also be significantly decreased on this regimen.

Type II, or non-insulin dependent diabetes, is the most common type. The oral drugs, Micronase, Glucotrol and Tolinase, which are used to control this type, simply are not necessary in most cases. They should only be used temporarily until another regimen can be started. They have numerous side effects, such as hypoglycemia, headache, gastrointestinal complaints, fatigue and liver damage. The most significant side effect is increased risk of death from heart attack and blood vessel disease. If you are using one of these medications, speak to your doctor immediately. Solicit his or her help in instituting a more natural regimen and then stick to it.

The major studies on most of these oral drugs, including DiaBeta and Glucotrol, have shown that they actually increase the death rate from heart attacks. In fact, the warnings on these drugs in *the Physician's Desk Reference* state exactly that.

The diabetic condition is simply not a matter of one or two things having gone wrong. It is a multitude of metabolic imbalances. Consequently, the conventional medical approach of simply using insulin or oral drugs is irrational and incomplete. What is needed is a broad based therapeutic regimen that incorporates an appropriate diet, prescribed exercise and, most importantly, substantial amounts of specific nutritional supplements.

Supplementation is of paramount importance in the diabetic condition, because diabetes is first and foremost characterized by excessive urination. The excessive urination brought on by elevated blood sugar levels strips your

body of water soluble vitamins and minerals. The diabetic condition is, to a large degree, caused by nutritional deficiencies, which then create even more serious nutritional deficiencies.

We recommend you include these special nutrients:

Follow the *Life Source's Program for Optimal Health*.

- **Chromium Picolonate** is an essential trace mineral which facilitates the action of insulin, glucose, protein and fat metabolism. It enhances the body's sensitivity to insulin and reduces complications from diabetes by lowering blood glucose levels. We recommend 400 to 800 mcgs per day.
- Vanadyl Sulfate is another trace mineral, works remarkably like insulin and, in a study of laboratory animals carried out by John McNeifl, Ph.D., it actually eliminated diabetes in these animals permanently.

In a 1994 study of 10 patients, half with insulin dependent diabetes and half non insulin dependent, 125 mgs per day of sodium metavanate (another form of vanadium) was administered for two weeks. All patients had a modest improvement in glucose metabolism and, although the insulin dependent patients had no significant change in blood glucose, they required significantly less insulin.

We recommend:

- **Vanadyl Sulfate** – 100 to 150 mg per day under a physician's supervision.
- **Gamma Linolenic Acid** – (GLA) from the essential fat linoleic acid is integral to many functions in the body and diabetics are almost always low in essential fatty acids but, even on an ideal diet, diabetics have problems converting dietary fats to GLA.

A 1993 study in England looked at the effects of 480 mg of GLA taken daily for one year on 111 diabetics. Improvements in several parameters were noted across the board, especially in neuropathy. We suggest that diabetics include in their regimen 400-600 mgs of GLA (from borage and/or evening primrose oil).

- **Biotin** – a B vitamin that works synergistically and independently in lowering blood sugar. In a 1985 study, insulin dependent diabetics were taken off insulin for one week and half were given 16 mgs of biotin a day while the other half received a placebo. As expected, blood sugar levels rose in the placebo group, yet they fell in the patients on biotin. The recommended dose is 10-16 mgs per day.

10. Arthritis drugs – Believe it or not, historians have found references to arthritis in Greek and Roman literature and some suspect that cavemen suffered from it. Today one in seven people is afflicted with arthritis. That is more than 37 million people. Here are more facts:

Arthritis means “inflamed joints.” This is an all encompassing term for more than 100 different forms of joint disease. Arthritis primarily affects the joints but can also affect muscles and the connective tissues surrounding organs.

Many conventional physicians and their patients believe that the only way to treat arthritis is to use strong prescription drugs, despite the fact that 6,000 people a year die from the side effects of NSAID’s.

The main cause of arthritis has been discovered to be an infection of a cell wall deficient micro organism called mycoplasma arthritis. When these invade the joints and connective tissues the immune system launches an all out frontal attack on the invaders. Because the pathogens cannot be specifically identified by the white cells, the T-cells emit huge amounts of hydrogen peroxidase causing chemical erosion of the joints and tissue.

If you have arthritis, your physician most likely prescribed nonsteroidal anti inflammatory drugs (NSAIDs) such as Motrin (ibuprofen), Ansaid, Clinoril, Vicodin, Celebrex and Naproxen. Initially, these drugs will take care of the pain, however, the problems that these products cause is a good example of what happens when medication is administered to eliminate pain rather than deal with the underlying problem. NSAIDs are responsible for such side effects as gastrointestinal upset and bleeding, kidney and liver damage and water and sodium retention.

The worst side effect of NSAIDs is seldom mentioned in conventional medicine; the destruction of cartilage lining the ends of the bone. In a study of 186 arthritis patients, physicians in Norway studied the x-rays of 294 arthritic hips. 58 of the patients were taking the NSAID Indocin and 128 were not taking NSAIDs. Those on Indocil had far more rapid hip destruction than the non-medicated group.

What should you do if you have arthritis and your doctor recommends an NSAID? Our recommendation is get on a program of supplementation to eliminate the mycoplasma infection which is far more effective and sensible than taking drugs. With a natural approach you can shut down the inflammatory response and rebuild cartilage, thereby heading toward curing the underlying problem rather than simply covering it up.

We recommend the following:

- Follow the *Life Source’s Program for Optimal Health*.

- **The Original Olive Leaf Extract (Ameriden)** - Take 1 capsule of every 2 waking hours.
- **OPC 165™** – take 1-2 capsules 3x daily.
- **immuzyme™** - 3-5 capsules 3x daily on an empty stomach.
- **Glucosamine Sulfate with Chondroitin** – 2000 mgs daily.
- **Water** – Drink half your body weight (in ounces) daily of filtered pure water *magnetized* (ask for more information if needed).
- **Probiotics** – 1-3x daily taken with meals for a healthy colon.

Glucosamine Sulfate with chondroitin are the primary building blocks of glycosaminoglycans (GAGs) and are found in high concentration in cartilage. GAGs have a remarkable ability to retain water and give cartilage its protective shock absorbing qualities. The more glucosamine you give them the more your joints can be restored.

11. Cold and Flu Medications – Many people self-medicate a cold or flu with aspirin, ibuprofen and decongestants for colds and flu without giving a thought to the possible toxicity caused by these medications which actually suppress the immune system at a time when it is needed most.

A double blind study of the effects of over the counter pain and fever relieving medications upon virus shedding, immune response and common cold symptoms showed that those using common cold drugs suppressed the immune system's response to the virus, increased the length of time of infection and experienced greater respiratory discomfort.

We recommend:

- **Sambucol** – Anti-viral – 4 oz. Kosher syrup found at your favorite health food store.
- **Colloidal Silver** – Colloidal silver (Sovereign Silver) is extremely effective against bacterial infections in hundreds of studies.
- **OPC-165™** – for oxygenating the blood; assists in alleviating headaches, aches and pains.
- **The Original Olive Leaf Extract (Ameriden's brand)** – First 2 – 3 days; 1 every 2 hours.
- **Drink PLENTY of Magnetized Water!** Your kidneys will thank you.
- **Lots of chicken soup or broth.** Nutritionally speaking, lots of fluids are more necessary than solid foods while the body is healing.

12. Beta Blockers and Calcium channel Blockers. Classes of drugs used to lower blood pressure include beta blockers such as Inderal, Tenormin, Lopressor, Corgard and Normodyne. All have side effects including loss of libido, impotence, fatigue and worsening of blood lipids. Perhaps worse, beta blockers seriously compromise the function of the heart. In fact, that's what they are designed to do...weaken the heart and relax the blood vessels.

Beta blockers work by blocking the ability of your heart to respond to epinephrine and adrenaline which stimulate your pulse rate and blood pressure, elevating both. These drugs are meant to weaken the hearts so that your blood pressure is lowered and heart pain is reduced. We believe they can be beneficial for temporary relief from these symptoms but that is not how they are used in conventional medicine. **Virtually every doctor prescribes these drugs to be used indefinitely.** In the Physician's Desk Reference, it states that when prescribing drugs, physicians are clearly warned of the dangers of the long term use of beta blockers: shortness of breath, cold extremities, palpitations, congestive heart failure and hypertension.

The Dangers of taking Calcium Channel Blockers.

Calcium channel blockers such as Cardizem, Adalat and Procardia lower blood pressure by blocking the entrance of calcium into the arterial wall cells. This causes the vessels to become more relaxed and less constricted. We believe the use of these drugs seems to increase the death rate from heart disease. One of our clients sent us a newspaper report about a study that showed that large doses of calcium channel blockers, which also in Verapamil, nifedipine and diltiazem (under the brand names of Cardizem, Calan, Dilacor, Adalat, Procardia and Verelan), seemed to be associated with a 60% increase in death from heart disease.

In an ongoing study, Bruce Psaty, M.D., compared 291 patients taking calcium channel blockers for hypertension to 1,240 people with the same condition, but taking other drugs. He found that patients who were taking large amounts of calcium channel blockers for high blood pressure had a 60% higher death rate compared to patients taking diuretics or beta blockers.

Like most modern drugs, calcium channel blockers are designed to poison the system in your body in order to produce the desired effect. When you poison a natural system you can expect trouble.

As Susan Ross points out in the *Clinical Pharmacy Review*, "Calcium is an essential component in a variety of cardiovascular functions. The contractile processes of the heart and smooth muscle, initiation of action potentials in cardiac conducting cells and the storage and use of energy in the myocardium are all dependent upon the presence of calcium." Therefore, calcium blockers accomplish the desired effect of lowering high blood pressure by *blocking the essential functions of the heart and blood vessel cells.*

The bottom line is that taking a long term medication which alters any of your natural body functions is obviously dangerous. This includes virtually everything used for high blood pressure and heart disease; diuretics, beta blockers, calcium channel blockers and ACE inhibitors (even their names indicate their poisonous

nature). These drugs, by definition, should be used temporarily, never, never indefinitely. When a doctor puts a patient on one of these drugs with no plan to take you off them, he or she is simply giving the drug time to express all of its toxic side effects in your body.

We are convinced that using these drugs to treat high blood pressure has played a major role in the epidemic of congestive heart failure in this country. In 1979 there were 377,000 hospitalizations for congestive heart failure. Only 12 years later, in 1992, that number had risen to 822,000...a 220% increase!

Because high blood pressure is largely a result of high fat, high sodium diet, lack of exercise, stress and obesity, it is a condition you can reverse and control without the need for drugs. A simple natural approach is not only safer but likely more effective in the long term.

If you are taking one of these drugs, work with your physician to gradually come off it. You will be rewarded with your persistence.

We have 5 basic recommendations:

1. Drink more water – again, magnetizing your water is the best water as long as it's not Distilled – the minerals have been removed, therefore, dead water cannot magnetize! Drink at least half your body weight in ounces per day. Water is the single most effective diuretic. If you have congestive heart failure or kidney failure, consult your physician first.
2. Eat 4 or 5 servings of fruit a day. Fruit contains beneficial potassium as well as beneficial fiber.
3. Magnesium is nature's calcium channel blocker and actually functions in much the same way. It relaxes your arteries and calms your nerves. This is why we recommend **immuzyme™**.
4. **L-Carnitine** – 1000 mgs per day.
5. **L-Taurine** – 1000 mgs daily.
6. **Co-Q10** – 30-75 mgs per day (another ingredient in **immuzyme™**).
7. Follow the *Life Source's Program for Optimal Health*.

If you stop taking a beta blocker, do so gradually and under the supervision of your doctor. Stopped abruptly they may cause a dangerous rebound effect and cause a heart attack.

The *Life Sources Program* at a Glance

Here's your Daily Action Plan to practice true preventive medicine and build optimal health.

1. Part One: How to Supplement for Optimum Health

For Health Maintenance:

1. Two Daily Health Formula Plus (or 3 DHF) daily.

Make sure it contains:

- Beta Carotene 10-15,000 Units
- Calcium/Magnesium w boron 1500mg.
- Probiotics 2-4 daily
- Zinc 50-100mg.
- Selenium 200mcg.

2. Take separately:

- Vitamin E (natural form only)* 400 IU
- Flaxseed or Squalamine*
immuzyme 10 caps .
- OPC 165 1-3 daily
- Fiber Supplementation . 45 gms.
- Probiotic 1 caps

*For severe Health Challenges add: Daily

1. OPC's(165mg.caps.) 6-10
- 2 Squalamine(1000mg.caps.) 2-3
- 3 .immuzyme (Enzyme Formula) 3-9

2. Part Two: Build Health with Diet, Exercise and Water.

- Eat a low-fat, high complex carbohydrate diet Let vegetarian dishes, like vegetables and grains, be the

mainstay of your meals. Keep your meat choices to lean chicken and fresh fish. Wherever possible, avoid canned and processed foods, and dairy products, except low-fat yogurt. Eat at regular intervals.

- Get regular exercise

No matter what shape you're in, find a way to exercise regularly. If necessary, work with your doctor to gradually increase your level of exercise. In general, 30 to 45 minutes of aerobic activity at least three times a week will improve how you look and feel. Chart your progress-milestones are important achievements.

- Drink plenty of clean water

Drink at least eight 8-oz. glasses of clean water per day.

"Clean" means it has been filtered or bottled. For ultimate health, **drink magnetic water**.*

3. Part Three: Stress, Sleep, and Longevity

- Make sure you get eight hours of restful sleep, or, aim for the amount of sleep that works best for you.
- Reduce the stress in your life. Whether it's a quiet walk, meditation, deep breathing, massage, a relaxing bath-make time for relaxation daily.
- Boost your hormone levels. For most women, we recommend taking the saliva test, and, using either natural estrogen/progesterone. Most women need 100% Progesterone Cream, so, saliva testing is recommended. Men should also do the saliva test and supplement with natural Progesterone Cream 1-2xs daily.
- Lastly, exercise your mind with music, educational classes, brain teasers, and stimulating conversation.

Company Profile

Life Sources is a Nevada Corporation with order fulfillment located in Fair Oaks, California and is a member of the NNFA, The Sacramento Better Business Bureau, National Health Federation, and Citrus Heights, California Chamber of Commerce.

The President and Founder is Andrea McCreery, Ph.D. Her combined talents represent 8 years of research in nutrition, bioenergetics and Targeted Nutritional Intervention-TNI..

Based upon clinical observations, Dr. McCreery has developed several innovative products designed to slow the aging process and naturally combat chronic illnesses. Nutritional counseling is effective with ADD/ADHD, fibromyalgia, chronic fatigue syndrome, irritable bowel syndrome, weight loss, arthritis, candidiasis and more.

Life Sources specializes in Vital Hematology as a means of observing cell wall deficient forms in the living blood of clients to recommend nutritional interventions to reverse risk factors for chronic disease and nutritional deficiencies. (If an individual is interested in scheduling a consultation, please e-mail for details and fee schedules to clinic@life-sources.com or call the clinic at 916-536-9930.

The Life Sources clinic is located at 5006 Sunrise Blvd., Suite 100, Fair Oaks, California 95628. Initial client visit includes the observation of living blood (with a videotape of the observation included), blood typing and nutritional counseling for chronic illness and potential risk factors.

Individuals interested in scheduling a seminar or group demonstration of Vital Hematology should address e-mail to info@life-sources.com.

Dr. McCreery is available for demonstrations to groups, health food stores and/or practices wishing to offer nutritional interventions to their clients and practice.

Life Sources is dedicated to quality and quantity of life and the eventual reduction of health care costs in the U.S. Client support is appreciated.