

Enzyme Digest

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As I write, yet another attack on homeopathy is taking place, focusing this time on alternatives to conventional vaccines. The radio interviewee said that the NHS should not spend its precious resources on such nonsense. The £4 million saved could be spent on more doctors and nurses etc. No mention of the 40,000 Britons who die each year as a result of taking prescription drugs, correctly administered. No mention of the £2 billion a year spent on treating the side effects of drugs prescribed by doctors.

This speaker, as well as our good friend professor Dawkins, talk about real science as opposed to mumbo jumbo as they see it. Obviously they are not bothered by the killing machine provided by real science. They have clearly not spoken to Mr Allen Roses, worldwide vice-president of genetics at GlaxoSmithKline (GSK). He stated in 2003 that most prescription medicines do not work on most people who take them.

"The vast majority of drugs - more than 90% - only work in 30% to 50% of the people..." According to the news report this is "a little-publicised fact known to the drugs industry for many years."

How has this situation come about? According to the Independent, there is "a marketing culture within the industry that has relied on selling as many drugs as possible to the widest number of patients - a culture that has made GSK one of the most profitable pharmaceutical companies, but which has also meant that most of its drugs are at best useless, and even possibly dangerous, for many patients."

Considering that the NHS spends £11 billion a year on drugs, much of our economic woes could be resolved if this was slashed to the bone. But I'm forgetting that this is scientific medicine, so it won't happen.

Of course science is not to blame for the situation. Science deals with reality. It's the distortion of science and the use of vast profits to exercise political and economic power over the medical profession, the government and the media that is to blame. Public ignorance is inevitable.

The public hear one side of the story. What goes on in accident and emergency departments, operating theatres, baby units and much else in the medical system is first class. Without drugs most of this would not be possible. All this deserves much praise.

Unfortunately the other side of the story is kept hidden. Drugs that do hit the headlines for killing people are considered as one off events. They aren't. They're commonplace and getting worse all the time. Vaccines alone are causing increasing problems. It's no surprise some people are looking at safer alternatives.

In India recently, an immunisation programme was halted after a measles vaccine killed four children. "According to witnesses... the children fainted soon after they were given the vaccine. Their eyes then rolled back and they started convulsing."

The Gardasil vaccine has been linked to a large number of adverse events and some deaths.

Finland's National Institute for Health and Welfare is suspending use of the H1N1 vaccine over fears that the shot is linked with a 300% increase in cases of the neurological disorder narcolepsy among children and young people over the last six months.

On 31st July the Daily Telegraph reported that "GPs have been told not to use a particular flu jab on 110,000 children under five after it was linked with a tenfold increase in fits."

Last year's false swine flu pandemic was described by the head of health at the Council of Europe as "one of the greatest medical scandals of the century." But of course as the new flu season descends upon us, don't think any of these concerns will make a difference. It will be highly lucrative business as usual.

And this is just one class of drug that scientific medicine has to offer. I think I'll stick with homeopathy.

Parkinson's Prevention & Treatment Strategies

This article is based on the writings of former brain surgeon Russell Blaylock MD. Dr Blaylock saw his 6 foot 7 inch former heavyweight boxing champion and athlete father succumb to the disease, suffering a 15 year slow death. The nightmare was repeated with his mother.

"It's why I write about major things I have learned about the prevention and treatment of this devastating neurological disorder so that others will not have to suffer as my family did."

There are two basic forms of Parkinson's. Early onset (before age 50) and late onset (after 50). The average onset of the disease occurs at age 57 but it can occur as young as age 30. The substantia nigra of the midbrain is where most of the damage occurs but it can extend to other areas of the brain as well as the peripheral and autonomic nervous system and heart nerves. Patients commonly have defects with detoxification mechanisms, low mitochondria energy output and high free radical generation.

Parkinson's, as well as other neurodegenerative disorders are increasing at an alarming rate. People are particularly vulnerable after age 70 but these disorders are seen more and more in younger age groups.

An Inflammatory Process

What has been discovered about Parkinson's is that it is an inflammatory disease. There are a number of possible reasons as to what triggers off the disease process. It could be infections, trauma, obesity, toxic metal exposure and/or pesticides/herbicide exposure. But whatever it is, the damage is caused by intense activation of the microglia, the brain's immune cells. Perhaps the worst of these triggers are pesticides and herbicides. The most notable offenders being paraquat, pyridaben, fenazaquin, dieldrin and rotenone.

The Dangers of Synergy

Recent research suggests that you do not have to be exposed to a toxic level to be at risk. Animal research has demonstrated that a subtoxic dose of a single pesticide may be too low to cause brain damage. But a second exposure to another pesticide at a subtoxic dose can cause extensive damage to brain cells of the kind seen in Parkinson's.

This synergistic action is very worrying considering the hundreds of pesticides, herbicides and other chemicals - shown to produce Parkinson's in animals - that humans are exposed to. Farmers who handle these chemicals are known to have a much higher incidence of Parkinson's and other neurodegenerative diseases than non farming populations.

Parkinson's As An Acute Disease

Some people may be particularly sensitive to these chemicals. In 1999 the journal *Neurology* reported five cases of people who developed Parkinson's rapidly. The most fascinating was a middle aged woman who was concerned with household pests and so sprayed her home with bug killer. Within a few days she was hospitalised with full blown advanced Parkinson's, reaching a stage in the disease that usually takes many years.

After several weeks, symptoms subsided and she returned home. But it flared up again and she returned to hospital. While there her family scrubbed every inch of her home to remove all traces of the pesticide. But when she returned home, symptoms kicked off again. Her house was sold and she moved into a new property where she was doing fine until she asked her daughter to retrieve a blouse that had been left in her former home. Upon wearing it, her symptoms returned. Even the miniscule amount of pesticide clinging to her clothing was enough to trigger off an attack.

Her husband had not been affected by the pesticide. Why are some people so sensitive and others have no problem? It's not possible to say for certain but it is known that some people who develop Parkinson's have detoxification enzymes in the neurons and liver that are too weak to do their job properly. Poisons are not cleared and are able to enter the brain to cause a great deal of damage. There's also another possible reason.

The Importance of Glutathione

A consistent finding of those with Parkinson's disease sufferers is that they have extremely low levels of glutathione in their cells, particularly in the brain areas most affected by the disease. Glutathione is extremely important for cellular protection, especially in brain cells. The mitochondria of the neuron is where it is found in the greatest concentrations. This is where 95% of free radicals are produced. So those with high glutathione levels may be protected whilst those with low levels are at the greatest risk of developing the disease.

Glutathione is also important to protect against mercury toxicity. Those with low levels are at greatest risk of mercury damage.

Parkinson's patients not only have lower levels of glutathione to begin with but as the disease progresses so glutathione levels progressively worsen.

A number of factors can lower brain levels of glutathione. These include brain injury, stroke, diabetes, autoimmune diseases, environmental toxins, raised brain glutamate and infections. In each case there is an increase in free radical production and lipid peroxidation in the brain.

Glutamate & Microglia Activation

A widely ignored but leading cause of low glutathione is elevated glutamate. Excessive amounts of glutamate acts as a toxin to neurons by triggering a number of biochemical cascades. A constant low level of glutamate is required outside the brain's neurons so that glutathione can be manufactured. High levels deplete glutathione, increase free radical production, increase lipid peroxidation products and cause brain inflammation.

Glutamate itself is able to activate microglia which is then able to excrete further glutamate and quinolinic acid. The latter has a potent neurotoxic effect and is known to be involved in neurodegenerative processes in the brain. So a vicious circle of inflammation and toxicity is created that eventually deplete the brain's other antioxidant defences accelerating the damage. Conventional medical treatments make no attempt to deal with these issues.

A chemical called MPTP reliably produces Parkinson's and is used in animal models. Humans that were only briefly exposed continued to worsen

for many years. So prolonged microglial activity may require only a single exposure. This is seen not just with pesticides but with vaccinations.

Microglia are normally in a resting state, getting active when the brain is thought to be under threat. They will then secrete large amounts of inflammatory cytokines that damage neurons, dendrites, axons and synapses. Early in brain disorders it is the connections that are damaged, not the cells. This means that if action is taken at this stage, damage to brain cells could be averted and dramatic improvement is possible.

Steps To Preventing Parkinson's

Exercise: Reduces brain degeneration and promotes brain healing. Aerobics and intense running should be avoided as this encourages free radicals and lipid peroxidation. Moderate exercise such as brisk walking, and weights and resistance exercises are best. They promote healing chemicals called brain-derived growth factor, neurotrophic growth factor and gliaderived growth factor.

Dental: Amalgam (mercury) fillings are a hazard and should be removed by a dentist trained to remove them safely.

Vaccines: Flu vaccines should be avoided as they contain mercury, aluminium and other noxious substances. Animal research demonstrates that "vaccinations can dramatically increase one's risk of developing a devastating neurodegenerative disease...Studies have shown that a single vaccination can activate destructive microglial activation that can last years." They also suggest that vaccines during pregnancy increase the risk of Parkinson's when the baby becomes an adult.

Diet: Many with Parkinson's have shown excessive levels of zinc, copper, iron and manganese. So limiting chocolate (high copper), and soy foods (high in manganese and fluoride) red meat (high iron) for example.

Parkinson's patients do better on low protein diets so diets lower in protein are preferred for middle aged and older age groups.

Plenty of fruits and vegetables particularly blueberries, blackberries, raspberries and spinach. These are beneficial for both brain protection and healing.

Antioxidants are important to counter the effect of free radicals so fruits and vegetables are emphasised for this reason as well.

Foods to avoid include animal fats because of pesticide residues unless organic versions can be found, and omega 6 fats which increase brain inflammation. Water should be filtered and fluoride in all its forms should be avoided. Fish should be eaten with caution because of pesticide and herbicide residues as well as mercury.

Supplement Suggestions

A supplement programme should aim to reduce inflammation, increase brain energy, improve brain blood flow, reduce free radical damage, and promote repair of the damaged brain.

A good quality iron free multivitamin/mineral.

Vitamin E complex to provide all fractions of this nutrient for its antioxidant activity. 800IU/day

Vitamin C as mineral ascorbates being a powerful antioxidant, increasing brain energy and stimulating the generation of neurotransmitters. 3000mg/day

Grape seed to inhibit free-radical damage and also strengthen blood vessels and suppress microglial activation.

White tea extract contains catechins that are highly protective. White tea is also free of fluoride and aluminium. 300mg/day.

CoQ10 is needed to produce energy. Tends to be low in Parkinson's patients. 50-100mg/day.

Phosphatidylserine energises the brain and protects against toxins. 100mg/day.

Acetyl L-Carnitine improves neuron function and protects against brain toxins, boosts dopamine neurotransmission and promotes brain repair.

Nicotinamide is very important for brain energy and DNA repair. It protects brain cells is by increasing SIRT1, a protective cell-signaling molecule. 1500mg/day.

Hesperidin protects against peroxynitrite, a nasty free radical found in high concentration in the brains of Parkinson's patients. 1500mg/day.

DHA protects against brain toxins, reduces inflammation, calms microglia and repairs the injured nervous system. 1000mg/day.

Silymarin helps patients with detoxification problems and calms the microglia. 400mg/day.

Magnesium raises glutathione levels, improves blood flow to the brain, protects against inflammation and damage from toxins. 1000mg/day.

N-Acetyl-L-Cysteine significantly increases brain levels of glutathione. 1000mg/day.

R-Lipoic Acid is a powerful antioxidant, raises glutathione levels and increases brain energy. 50mg/day with meals.

Vitamin D3 protects against inflammatory cytokines and brain toxicity. It quiets microglial overactivity, reducing inflammation. This is a very important nutrient to take. Dosage varies according to skin type, exposure to sunlight etc but can be from 2000 iu/day. Only potential problem is absorbing too much calcium. Blood calcium should be checked with high dosages.

Curcumin and quercetin can reduce damage associated with Parkinson's disease. Have powerful anti-inflammatory effects, reducing microglial activation and brain toxicity. The dose is 500 milligrams of each, dissolved in extra virgin olive oil and taken three times a day with meals. Only needed for those at greatest risk or who already have the disease.

Nutrition Update

The Latest Research Findings

Acute resveratrol supplementation improves flow-mediated dilatation in overweight/obese individuals with mildly elevated blood pressure

Flow-mediated dilatation of the brachial artery (FMD) is a biomarker of endothelial function and cardiovascular health. Impaired FMD is associated with several cardiovascular risk factors including hypertension and obesity. Various food ingredients such as polyphenols have been shown to improve FMD. The study investigated whether consuming resveratrol, a polyphenol found in red wine, can enhance FMD acutely and whether there is a dose-response relationship for this effect.

19 overweight/obese men or post-menopausal women with untreated borderline hypertension consumed three doses of resveratrol (30, 90 and 270 mg) and a placebo at weekly intervals in a double-blind, randomized crossover comparison. One hour after consumption of the supplement, plasma resveratrol and FMD were measured. There was a significant dose effect of resveratrol on plasma resveratrol concentration and on FMD, which increased from 4.1 (placebo) to 7.7 after 270 mg resveratrol. FMD was also linearly related to plasma resveratrol concentration.

Conclusion: Acute resveratrol consumption increased plasma resveratrol concentrations and FMD in a dose-related manner. This effect may contribute to the purported cardiovascular health benefits of grapes and red wine.

Nutr Metab Cardiovasc Dis. 2010 Jul 29

GPR120 is an omega-3 fatty acid receptor mediating potent anti-inflammatory and insulin-sensitizing effects

Researchers have identified the molecular mechanism that makes omega-3 fatty acids so effective in reducing chronic inflammation and insulin resistance. The discovery could lead to development of a simple dietary remedy for many of the more than 23 million Americans suffering from diabetes and other conditions.

Jerrold Olefsky, MD, and colleagues identified a key receptor on macrophages abundantly found in obese body fat. Obesity and diabetes are closely correlated. The scientists say omega-3 fatty acids activate this macrophage receptor, resulting in broad anti-inflammatory effects and improved systemic insulin sensitivity.

Macrophages are specialized white blood cells that engulf and digest cellular debris and pathogens. Part of this immune system response involves the macrophages secreting cytokines and other proteins that cause inflammation, a method for destroying cells and objects perceived to be harmful. Obese fat tissue contains lots of these macrophages producing lots of cytokines. The result can be chronic inflammation and rising insulin resistance in neighbouring cells over-exposed to cytokines. Insulin resistance is the physical condition in which the natural hormone insulin becomes less effective at regulating blood sugar levels in the body, leading to myriad and often severe health problems, most notably type 2 diabetes mellitus.

Olefsky and colleagues looked at cellular receptors known to respond to fatty acids. They eventually narrowed their focus to a G-protein receptor called GPR120, one of a family of signaling molecules involved in numerous cellular functions. The GPR120 receptor is found only on pro-inflammatory macrophages in mature fat cells. When the receptor is turned off, the macrophage produces inflammatory effects. But exposed to omega-3 fatty acids, specifically docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), the GPR120 receptor is activated and generates a strong anti-inflammatory effect.

"It's just an incredibly potent effect," said Olefsky. "The omega-3 fatty acids switch on the receptor, killing the inflammatory response.

"This is nature at work. The receptor evolved to respond to a natural product - omega-3 fatty acids - so that the inflammatory process can be controlled. Our work shows how fish oils safely do this, and suggests a possible way to treating the serious problems of inflammation in obesity and in conditions like diabetes, cancer and cardiovascular disease through simple dietary supplementation."

Cell. 2010 Sep 3;142(5):687-98

Selenium and bladder cancer risk: a meta-analysis

Selenium intake is associated with decreased risk of bladder cancer. "The lower the levels of selenium, the higher the risk of developing bladder cancer," said lead researcher Núria Malats. Selenium is an essential micronutrient that is incorporated into about 25 proteins, called selenoproteins. Most of these selenoproteins

are enzymes with antioxidant properties that prevent cellular damage caused by the by-products of oxygen metabolism, according to Malats.

Using data from seven previously published studies, a meta-analysis was conducted to evaluate selenium levels measured in serum and toenails and the risk of developing bladder cancer. The researchers noted a significant protective effect of selenium, mainly among women, which they believe may result from gender-specific differences in the mineral's accumulation and excretion in women.

"The present results suggest a beneficial effect of high selenium intake for bladder cancer risk".

Cancer Epidemiol Biomarkers Prev. 2010 Aug 31

TPL-2-mediated activation of MAPK downstream of TLR4 signaling is coupled to arginine availability

Researchers Lamb and Mieulet think they may be able to explain why proper nutrition is so vital in fighting infection. They have discovered the amino acid arginine is required to let the body know that it's being attacked by an infection. It is still early in their work but this discovery could have implications for the millions of people in third world countries that do not get enough food and consequently become ill with infection.

It may also be the mechanism involved in chronic inflammation, like arthritis because if you have too much arginine it may cause the body to be in a constant state of thinking it is being attacked.

In a healthy person, macrophages are the first cells to arrive at the site of infection. They eat the infected cells and present a molecule that is recognized by the immune system on the surface of the infected cell which attracts more immune fighting cells to the area. According to Lamb it is known that arginine is essential for the function of macrophages but until now no one realized that arginine has a much bigger role.

"This is a major work," said Lamb. "If [laboratory work] holds true in humans it shows that one aspect of nutrition that is critical is the level of amino acids."

Sci Signal. 2010 Aug 17;3(135):ra61

In vivo modulation of 4E binding protein 1 (4E-BP1) phosphorylation by watercress: a pilot study

Volunteers who ate 80 grams of watercress a day - the equivalent of a single vegetable portion - had elevated levels of cancer-fighting molecules in their blood within hours of eating the salad leaves.

The pilot study suggests that eating watercress could help prevent the development of breast cancer while also helping recovering breast cancer victims avoid a recurrence of the disease. Extracts from crushed watercress were also shown to inhibit the growth of breast cancer cells.

The authors said chemicals found in watercress, known as isothiocyanates, appeared to interfere with the growth of cancer cells.

Br J Nutr. 2010 Jun

Translocation of Crohn's disease Escherichia coli across M-cells: contrasting effects of soluble plant fibres and emulsifiers

Extracts of broccoli and banana may help in fighting stomach problems, research suggests. Laboratory studies show fibres from the vegetables may boost the body's natural defences against stomach infections. Trials are under way to see if they could be used as a medical food for patients with Crohn's disease.

Scientists looked at how roughage from vegetables influenced the passage of harmful bacteria through cells inside the gut. They found that fibres from plantain, a type of large banana, and broccoli, were particularly beneficial. But polysorbate-80, a common stabiliser added to processed foods during the manufacturing process, had the opposite effect.

Dr Barry Campbell said: "This research shows that different dietary components can have powerful effects on the movement of bacteria through the bowel.

"We have known for some time the general health benefits of eating plantain and broccoli, which are both high in vitamins and minerals, but until now we have not understood how they can boost the body's natural defences against infection common in Crohn's patients.

Gut. 2010 Sep 2

Low zinc status: a new risk factor for pneumonia in the elderly?

Scientists found that nursing facility residents with normal blood zinc concentrations were about 50% less likely to develop pneumonia than those with low concentrations. The study was a follow-up to a previous one which found that people given 200 IU of vitamin E every day for one year are 20% less likely to develop upper respiratory infections, including common colds.

Nutr Rev. 2010 Jan;68(1):30-7

Alternative Review

A preliminary study of the effects of a single session of swedish massage on hypothalamic-pituitary-adrenal and immune function in normal individuals

29 subjects received 45 minutes of Swedish massage and 24 received 45 minutes of light touch massage. Each participant underwent informed consent, a physical and mental evaluation and was deemed to be physically healthy and free of any mental disorder. Massage therapists were trained in how to deliver both Swedish and light touch using specific and identical protocols.

Prior to the massage, study participants were fitted with intravenous catheters in order to take blood samples during the study session. Then participants were asked to rest quietly for 30 minutes. Following the rest period, blood samples were collected from each person five minutes and one minute before the massage began. At the end of the 45-minute massage session, blood samples were collected at one, five, 10, 15, 30, and 60 minutes after the massage.

"This research indicates that massage doesn't only feel good, it also may be good for you," said Mark Rapaport, the principal investigator of the study.

Among the study's results:

- People in the Swedish massage group experienced significant changes in lymphocytes
- Swedish massage caused a large decrease in Arginine Vasopressin, a hormone believed to play a role in aggressive behaviour and linked to helping cause increases in the stress hormone cortisol.
- Swedish massage caused a decrease in levels of cortisol.
- Swedish massage caused a notable decrease in most cytokines produced by stimulated white blood cells.

J Altern Complement Med. 2010 Sep 1

The effect of narrowband UV-B treatment for psoriasis on vitamin D status during wintertime in Ireland

Researchers studied 30 consecutive patients with psoriasis who were treated with narrow-band UV-B light three times per week between October 2008 and February 2009. The research subjects' psoriasis cleared and their serum vitamin D levels (which were measured before the study, after four weeks of treatment and after the treatment was finished) were compared with those of 30 control patients who also had psoriasis but did not have any UV-B therapy. The researchers also assessed the severity of the patients' psoriasis symptoms and their skin disease-related quality of life before and after treatment.

The results showed that levels of serum 25-hydroxyvitamin D, which is considered the most accurate measurement of vitamin D levels in the body, had increased significantly among individuals receiving UV-B therapy -- rising from about 23 nanograms per milliliter to 59 nanograms per milliliter at the end of treatment. However, there was no change in the control group.

Conclusion: Narrowband UV-B effectively increases serum 25(OH)D level while clearing psoriasis. Up to 75% of Irish patients with psoriasis were shown to be vitamin D insufficient during wintertime.

Arch Dermatol. 2010 Aug;146(8):836-42

Effects of yoga versus walking on mood, anxiety, and brain GABA levels: A randomized controlled MRS study

Yoga may be superior to other forms of exercise in its positive effect on mood and anxiety. The finding is the first to demonstrate an association between yoga postures, increased brain gamma-aminobutyric (GABA) levels and decreased anxiety

The researchers set out to contrast the GABA levels of yoga subjects with those of participants who spent time walking. Low GABA levels are associated with depression and other widespread anxiety disorders.

The researchers followed two randomized groups of healthy individuals over a 12-week long period. One group practiced yoga three times a week for one hour, while the remaining subjects walked for the same period of time.

Using magnetic resonance spectroscopic (MRS) imaging, the participants' brains were scanned before the study began. At week 12, the researchers compared the GABA levels of both groups before and after their final 60-minute session.

Each subject was also asked to assess his or her psychological state at several points throughout the study, and those who practiced yoga reported a more significant decrease in anxiety and greater improvements in mood than those who walked. "Over time, positive changes in these reports were associated with climbing GABA levels," said lead author Chris Streeter, MD, an associate professor of psychiatry and neurology at BUSM.

According to Streeter, this promising research warrants further study of the relationship between yoga and mood, and suggests that the practice of yoga be considered as a potential therapy for certain mental disorders.

J Altern Complement Med. 2010 Aug 19

Health In The News

'Statins with your burger?'

McDonald's, Burger King and other fast food outlets should offer diners free drugs to compensate for the risk of heart disease, cardiologists propose.

If burger joints offered cholesterol-lowering statins, customers would offset the unhealthy effects of a cheeseburger and milkshake, according to researchers at Imperial College London.

The pills could be placed beside the salt, pepper and tomato ketchup to encourage people to pop one after their meal.

The Guardian Online, 12th August, 2010

Being lazy is 'a disease'

Dr Richard Weiler and Dr Emmanuel Stamatakis have put forward the idea that physical inactivity should be classed as "disease in its own right".

Dr Weiler said that the evidence showed that lack of fitness was the root cause of more illness than being fat.

Despite such evidence, he said it remained the poor relation of the public health family.

He said GPs should be financially rewarded for promoting exercise, an action which he estimated would cost £1 million. This was "peanuts" set against the estimated cost of problems associated with lack of exercise of £8.2 billion a year, he argued.

Telegraph.co.uk 10th August, 2010

Shopping makes men impotent

Finally men have a perfect excuse to avoid shopping - it could make them impotent.

Researchers have made the startling discovery that a gender bending chemical compound is present on some till receipts.

And the levels of hazardous substance Bisphenol A (BPA) can be high enough to suppress male hormones in the body.

The compound, used to make ink visible on thermally sensitive paper, is ingested by men when they handle the receipts and then touch their mouths or handle food.

Professor Frank Sommer, a Berlin-based urologist, explained: 'A substance like that could shift the balance of the sex hormones in men towards oestrogen.'

'In the long term, this leads to less sexual drive, encourages the belly instead of the muscles to grow and has a bad effect on erection and potency.'

BPA is also used in food cans, shower curtains, toys and babies bottles.

Mail Online, 30th June, 2010

Cancer danger of that night-time trip to the toilet

Simply turning on a light at night for a few seconds to go to the toilet can cause changes that might lead to cancer, scientists claim.

Researchers in the UK and Israel found that when a light is turned on at night, it triggers an 'over-expression' of cells linked to the formation of cancer.

Dr Rachel Ben-Shlomo said in the journal *Cancer Genetics and Cytogenetics* that people waking at night would be best advised not to turn on the light.

She said: 'We believe that any turning on of artificial light in the night has an impact on the body clock. It's a very sensitive mechanism.'

'If you want to get up to go to the toilet, you should avoid reaching for the light switch. There are some plug-in lights that just glow, that are safe and you could use them as an alternative.'

Mail Online, 12th April, 2010

Why a high fat bacon and eggs meal is healthiest start to the day

Bacon, sausages, eggs, beans, mushrooms, tomatoes, black pudding is the healthiest way to start your day.

A full English breakfast is better for the heart, waistline and blood pressure than carbohydrate-rich cereals, breads and pastries.

It is thought that a fried breakfast sets up the metabolism for the rest of the day, making it easier to burn off other meals and snacks.

Cereal, however, appears mainly to prime the body to break down only carbohydrates, the *International Journal of Obesity* reports.

The U.S. researchers advocate a big, fatty breakfast for optimum health, followed by a smaller lunch and a light evening meal.

Indeed, the old saying - 'eat breakfast like a king, lunch like a prince and dinner like a pauper' - may be the key to a healthy body and mind.

Mail Online, 31st March, 2010

Pentagon tries aromatherapy to ease combat stress

The U.S. military is experimenting with aromatherapy, acupuncture and other unorthodox methods to treat soldiers traumatized by combat experiences, Defense Secretary Robert Gates said.

"We have an experimental unit ... treating soldiers with post-traumatic stress and using a number of unorthodox approaches, including aromatherapy, acupuncture, things like that, that really are getting some serious results..."

Reuters 10th May, 2010

Students suffer internet addiction

200 students who gave up all media for one full day found that many showed signs of withdrawal, craving and anxiety along with an inability to function well without their media and social links. Many complained most about their need to use text messages, instant messages, e-mail and Facebook.

Reuters, 23rd April, 2010

The Book Page

The Healing Code

Alex Lloyd PhD ND Ben Johnson MD DO NMD

Intermedia Publishing Group 300 pages

Hardback March 2010 \$29.95

ISBN:978-1-935529-63-7

After an exhaustive 12 years search to find the answer to his wife's clinical depression, the solution came to Dr Lloyd. The "God-given blueprint" was "downloaded" into his mind. With that, his wife's depression came to an end. He started to incorporate what came to be called The Healing Code into his health practice with amazing results.

His co-author was diagnosed with ALS, Lou Gehrig's disease. After using the Healing Code for 3 months, he was cured.

An optimally functioning immune system can heal just about anything. But it is weakened by deep-seated chronic stress. The only way to deal with this effectively and permanently is by healing issues of the heart.

We are given 7 secrets to life, health and prosperity. The first is that stress lies at the root of all problems both physical and emotional. This means all health, relationship, self help and success issues. Healing this deep-rooted stress means healing the one source of all life problems.

Secret 2 is that we are dealing with an energy problem. Stress depletes energy at a cellular level. The emergency signal sent by the hypothalamus to initiate the stress response is a destructive energy frequency that turns off the immune system. It was only designed for acute circumstances. The answer is to neutralise this frequency by an equal and opposite force. The source of the problem is energy and so the answer is energy. The only way to understand this is through the science of quantum physics. The Healing Code is a quantum physics healing system.

The third secret is that the source of stress comes from cellular memories. It isn't just the brain cells that store memories. All cells do. Destructive energy frequencies come from wrong beliefs stored within cellular memories. The Healing Code changes the energy pattern of the destructive cellular memories to a healthy one. This turns the stress response off. The usual methods of counselling, psychotherapy, self-help strategies and positive thinking cannot deal with these anger, fear, guilt etc. issues because they are not capable of changing the energy pattern.

Secret number 4 tells us everything that ever happened to us is recorded in our memory as images. Some of these are bound to contain wrong beliefs.

Secret 5. There are various kinds of memory that become a stimulus/response protective programming belief system.

An example of secrets 4 and 5 was a client with a high IQ who was thought destined for greatness in her career. Yet for years she underachieved, continually sabotaging her efforts.

While performing the Healing Code an image

came to her from when she was a young child. Her mother gave her sister a popsicle but not her. This was translated in her mind as a wrong belief. My sister is more loved than me. There must be something wrong with me. Other people won't love me.

Her unconscious had shut down the ability to see this image to protect her from being hurt.

Once the memory had been healed with the Healing Code, her rational conscious belief automatically changed and she was able to go on to enjoy the success that had eluded her.

Secrets 6 and 7 are that what we believe comes from deep within us, regardless of what our conscious mind thinks we believe. When the head and heart conflict, the heart always wins.

In part two of the book we are shown how to perform the Healing Code on ourselves, others and pets.

It is extremely simple. There are four healing centres. The adam's apple, temples, in between the bridge of the nose and middle of the eyebrows, and the jaw.

The fingers of both hands are pointed at each of the healing centres for at least 90 seconds each. Best results are achieved by carrying out this exercise three times a day. 18 minutes in total.

There's a section on frequently asked questions, a heart issues finder which looks at 12 categories to help pinpoint problems such as unforgiveness, harmful actions and wrong beliefs, and a ten second solution to situational stress.

Purchasers of the book also have access to a website with videos and much further information.

The beauty of the Healing Code is its simplicity. Anybody can do this. It doesn't require a practitioner although I think most people would benefit more by seeing a practitioner who was conversant with the treatment and who used it on themselves.

The Healing Code also appears to be the only healing system able to take the autonomic nervous system from out of balance to in balance in 20 minutes as determined by the Heart Rate Variability test. This is described by the authors as "unprecedented in the history of medicine." This test proves that the Healing Code can take stress out of the body. Astonishingly, most people remain in balance for 24 hours. No other forms of healing can do this.

The book also contains a number of testimonials. From disappearing basal cell carcinomas, metastatic melanoma and fibroid tumours to a hole in the heart that closed up, a fused spine that started to open up, chronic pain melting away and vanishing haemorrhoids.

I don't know whether the Healing Code is the "greatest healing discovery in history" as one reviewer put it, but it is certainly something everyone involved with mind body spirit therapies and self help strategies ought to become acquainted with.

I know I shall be using the code every day myself from now on.