

## NEWSLETTER FEBRUARY 2001

Dr. TAI-NAN WANG, L.Ac., O.M.D., Q.M.E.  
4295 GESNER STREET, SUITE 1 A  
SAN DIEGO, CA 92117  
858-483-7795  
619-276-7937 FAX  
TAINANWANG@SBCGLOBAL.NET  
Web: Lifestrong.com

### How much can you give on Valentine's Day?

I do not mean the wonderful trinkets given from the heart – gems, candy, flowers, etc. Before you can give of yourself to others, you yourself must be healthy.

### The current “big three” are COQ10 MSM, and CLA.

**COQ10:** Your survival depends on CoEnzyme Q10. There is statistical data showing low COQ10 levels can lead to death within six months. The first research on this enzyme was for heart disease. COQ10 was good for the heart and enhanced immune function. It was also good for periodontal disease, hypertension, cancer, obesity and aging.

COQ10 should be taken as a key nutritional supplement by anyone who is over 40 years of age. It is versatile, addressing most complaints, and *has no bad side effects*.

COQ10 comes in a variety of dosages. The standard dose, if you seem to be healthy, is 90 mg a day. You can take much more in gradual increases, up to at least 2000 mg a day in divided doses.

As with anything else, you start at a lower dose and work up. The only bad effect of COQ10 is its price. The clinic keeps searching for the lowest, so what we quote you is the best we could do.

COQ10: 30 mg, Edom Labs	30 capsules for \$16.00
	60 capsules for \$30.00
COQ10: 150 mg, Edom Labs	30 capsules for \$54.00
COQ10: 500 mg, Pure Encaps.	30 capsules for \$105.00

We will be happy to order COQ10 at 250 mg for you, although we do not stock it. It costs \$67 for 30 capsules.

(We do not carry powdered COQ10 except in capsules. There is some evidence that powdered COQ10 is made more bioavailable by taking 4 mg of a concentrated extract of piperine called Bioiperine. We have not yet seen a source for this outside of the laboratory.)

**MSM:** Methylsulfonylmethane falls to earth as part of the natural water cycle. It does not produce intestinal gas or body odor like other forms of sulfur and it does not cause allergic reactions like sulfa drugs or sulfite food additives. It relieves swelling and inflammation. It contributes to the manufacture of insulin and the amino acid glutathione, which helps the liver excrete toxins. It provides essential structure to glucosamine, which is needed for healthy ligaments, tendons, heart valves, skin and all connective tissues. It has also been found to have an anti-histaminic effect by helping cells flush out invaders and by competing with allergens for mucus membrane receptor sites.

It is unlikely that you will get enough MSM from your food, because it is lost when food is washed, processed, heated, or dried.

The usual dose of MSM is between 500-1000 mg a day. If you think you need more, 1000-6000 mg can be taken. MSM is less toxic than common table salt and has no known negative side effects.

The good news is that it is cheaper than COQ10. 90 caps, 500 mg, DaVinci Labs \$20.00.

**CLA:** Conjugated Linoleic Acid is a natural polyunsaturated fatty acid found in beef, lamb, turkey, veal, and dairy products (not the fat-free stuff!). CLA partitions weight gain into muscle and other lean tissue at the expense of adipose tissue. Study dosages were 1 gram of CLA per meal. Other studies suggest that CLA has anti-cancer and anticholesterol effects. It appears to cause fat cells to empty themselves to feed active muscle cells.

CLA is not produced by humans and the levels of it in the American diet have declined by nearly 80% in the last few years.

CLA, Pure Encapsulations, 60 capsules, 500 mg., \$14.00

### **Destructive Emotions**

You can take all the supplements you want and watch your diet and exercise, but destructive emotions will destroy everything you are trying to accomplish. The big three here area: **anger, depression, and loneliness.**

Anger kills. It may kill in an instant of road rage and will certainly kill the person carrying it around with him. It will just take longer. The English idiom to “see red” is quite accurate – it means that your blood pressure is so high that you are literally looking at the world through your own blood. Anger raises your cholesterol levels as well as your blood pressure.

Depression depresses the entire immune system, brain neurotransmitters, and ability to cope. It is most dangerous when its owner becomes “acclimated” to it and thinks it’s normal to have a life without joy or color.

Loneliness injures the heart, its rhythm and its muscles. Man was not intended to live without others, without touch, etc.

**Solutions:** Prayer and/or meditation. We know these work because of modern research on quantum physics. Herbs: the clinic carries *Gastrodia elata* or Tian-ma, *Uncaria rhynochophylla* or Gou-teng, *Eucommia ulmoides* or Tu-tsong, and the basic heart tonic Emperor’s Blend or T’ien-wang-bu-xin-wang. One baby aspirin a day seems to help prevent stroke.