

## **NEWSLETTER JANUARY 2001**

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### **HAPPY NEW YEAR!**

The new year is upon us and remorse now sets in. How many sweets? Did you really drink that much? Ooooh, and all those carbohydrates. Better hop to those resolutions none of us ever keep. Were you aware that the custom of "cleaning the slate" arose in the Middle Ages when slate roofs were cleaned off once a year?

How may I help you? There are herbs for headache, constipation, depression, and insomnia. Are you suffering from that nasty bug that's going around and just never seems to leave? I have some very effective herbs for that. Of course, acupuncture is always there to rebalance and to relieve pain caused by arthritis, by being on one's feet too long, by exhaustion.

**New Information:** There is a great deal of hoop-la recently over SAM-e. For those of you who don't know what it is, SAM-e is S-adenosyl methionine. It is an amino acid found in all living cells. It is also called an "activated" methionine. It supports the production of healthy connective tissues (joint strength), is involved in the synthesis of neurotransmitters (brain metabolism: serotonin, norepinephrine, and dopamine. SAM is the precursor to the pain relievers enkephalin and endorphin.), supports the synthesis of glutathione and other substances important for liver function, and seems to be responsible for the suppression of errors in DNA replication (longevity).

There are some caveats with SAM-e. First, if you are using antidepressants, including Serotonin-Uptake Inhibitors and MAO inhibitors, you should consult with a physician before taking SAM-e. Individuals who have bipolar disorder or manic depression should not use it. Beyond that, there is some indication that synthetic SAM (indicated by the -e) is probably very hard to be absorbed by the body when taken orally. The solution is TMG 500. TMG is trimethylglycine. It reduces homocysteine (bad for you – causes strokes – to

methionine (good for you). We tend to have too much homocysteine in our systems from too much fat, poor diet, too much coffee, or too much alcohol. TMG is the precursor to SAM. That means, if you take TMG, your body will convert it into SAM naturally. As a memory improver, SAM is almost as good as pregnenolone, and is a good *anti-depressant*. The clinic has a source and will be happy to order it for you.

There is another longevity-hopeful which was initially developed by the Russians. This is DMG or N, N-Dimethylglycine. DMG is an "intermediary metabolite". In plain English, that means that it assists the body in dealing with stress. It improves oxygen utilization, improves liver function, aids cardiovascular function, improves immune response, helps neurological function, and enhances anti-viral, anti-bacterial, and anti-tumor defenses.

Chemically, DMG can be used to form the essential amino acid methionine from homocysteine. Methionine in turn is used to produce SAM, the active transmethylating agent in the body. DMG acts as an indirect methyl donor and efficient "methionine pump". We carry DMG made by Da Vinci labs. There are 30 tablets for \$12.00.

**Tibetan Medicine:** I hope some of you saw the documentary on Tibetan Medicine which aired on television during the first week of this month. It was showcased through a program of the University of California and related to fourth-stage breast cancer. A Tibetan physician was flown back and forth from India to treat several women. The results were encouraging, although several patients who did not follow the physician's advice continued to worsen. We will never know what the real effects might have been, since the FDA refused to allow the herbal formula, in its original state, to be used because some of the contents "might" be harmful. It left me wondering what on earth the harm was going to be to people who were already dying. This is another example of the short-sightedness of bureaucrats.

The dietary recommendations of Dr. Dondun were interesting. The patient who did not do well refused to give up coffee and alcohol. This leaves the viewer with the impression that *everyone* should give up coffee and alcohol. Every person is a biochemical individual. What works, or doesn't work, for one, does not necessarily work, or fail to work, for another.

I encourage cancer patients to use herbs and acupuncture along with their conventional therapies. I also encourage the patient to tell his primary physician what he is doing.

**Dr. Schultze:** Dr. Schultze has started sending me something called "The American Botanical Pharmacy". It is a catalog of herbs which some of you are probably also receiving. I find nothing to criticize on the herbs he sells. I think he is an honest man trying to do good. I do, however, quail at the use of Ma Huang (Ephedra) along with coffee in a blend called Sinus/Lung Formula.

Your lungs and sinuses may be clear, but will your heart survive it? This sort of thing requires a balanced approach. On the back, Dr. Schultze lists 20 steps to a healthier life. I think they are worth looking at:

1. **Pure water.** Absolutely. Do not wait until you are thirsty to drink. By the time you are thirsty, the body is down two quarts of water.
2. **Pure fresh juice.** Wonderful – unless you are diabetic or tend to be diabetic. Most fruit has enough natural sugar to send your blood sugar soaring.
3. **Stop eating animals and animal by-products.** Can be good, if your system is engineered for it. Some people are, by nature, meat-eaters and would be made ill on such a diet.
4. **Eat more live and raw foods.** Nothing wrong here, unless, of course, you have digestive problems, like diverticulosis. Some people find cooked food easier to digest.
5. **Do not be constipated.** I believe I have preached this in several newsletters.
6. **Go on a detoxification program.** It depends. Overdoing it can be harmful.
7. **Start walking and breathe more.** This should be number 1.
8. **Move and sweat more.** Yes.
9. **Hot and cold hydrotherapy.** Again, from the TCM point of view, this is a balancing act. It depends on your physical state.
10. **Wear cotton and other natural fibers.** As opposed to acrylics which can make vaginal yeast infections a constant problem.
11. **Use all natural soaps.** If your soap is bothering your skin; change it.
12. **Stop watching television, especially the news.** Again, it's a balance. Too much television is not good and, for some people, the news should be left for the morning. Why ruin your sleep over stuff you can't do anything about
13. **Throw away or give away 1/3 of what you own.** The results of being a disorganized pack-rat are confusion and frustration. The reduction in clutter can be good for the "feng-shui" of your home.
14. **Express yourself.** A little broad. Does this mean throwing tantrums and saying things you don't mean and regret later?
15. **Start loving your life.**
16. **Help someone everyday.** Super. It will make you feel better.
17. **Learn to laugh.** Especially at yourself and at life. You can't do anything about it, anyway.
18. **Have more sex.** But, within a healthy spectrum.
19. **Meditate and pray.** Calm down and connect your meridians to the universe.
20. **Love.**

Whatever you do, I wish you peace and prosperity in the coming year.