

Key Points

- Doctors were wrong: Fatty foods don't cause colorectal cancer
- Beware of sausage and rare steak
- Restaurant cooking oils raise risks
- Fish oil reduces cancer genes off
- Real reason cancer patients lose weight
- Curcumin reduces cancer growth and spread
- Vitamin D3: Powerful cancer fighter

ASK DR. BLAYLOCK

- What will cure my ulcers?
- How can I avoid burning feet?

Dr. Blaylock

- 2012's most promising natural supplements
- 2012's most dangerous supplements
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Dr. Blaylock's 2012 Supplement Guide

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The Blaylock Wellness Report

August 2012

Edited by Russell L. Blaylock, M.D.

Vol. 13, No. 8

Key Points

- Medical establishment gets it wrong
- What is reactive hypoglycemia?
- What's wrong with your diet
- How glutamates wreck the liver
- Hypoglycemia leads to brain damage
- The Alzheimer's connection

PLUS

- Simple diet cures for hypoglycemia

ASK DR. BLAYLOCK

- Help for lupus
- Supplements to treat autism

Silent Epidemic Plagues Thousands of Americans

As we eat, our bodies convert food into a substance called glucose, which is used to fuel cells. If a person's glucose level is too low (less than 60 mg/dL), the cells won't have enough energy to function properly. Hypoglycemia is a metabolic disorder characterized by low blood sugar (glucose) levels. Reactive hypoglycemia (also called postprandial hypoglycemia) refers to recurrent episodes of hypoglycemia within three hours of a high-carbohydrate meal in people who do not have diabetes. In many cases, following full-blown diabetes is reversed, a person will experience a number of hours of hypoglycemia.

One major problem for diabetics taking either insulin or oral antidiabetic medications is recurrent bouts of hypoglycemia caused by the medication itself.

This has been associated with a number of health problems, including memory loss, dementia, depression, cardiac problems, seizures, and autoimmune dysregulation.

The pathological and health effects related to this type of medicine-induced hypoglycemia are essentially the same as reactive hypoglycemia, though in most cases reactive hypoglycemia is not as severe.

Over the years, I have written about reactive hypoglycemia in connection with a number of health problems. In this month's issue of *The Blaylock Wellness Report*, I will delve deeper into this condition, which is one of the most common health disorders we face, and is rapidly increasing, mainly because of massive ingestion of sugar and high-glucose foods and drinks.

Doctors Following Establishment Mythology

Reactive hypoglycemia can actually indicate many other conditions, including:

- Heart attack
- Stroke
- Trauma
- Neurological conditions

It can also greatly worsen a number of medical conditions, especially neurological disorders and diseases. For example, it is almost impossible to

Solutions for Pain

Of existing medical conditions, especially in my ongoing experience that daily explorations concerning chronic pain have well-defined criteria set by a simple prescription or a surgical

of pain that reduces down the leg in a defined in a regional disc, (as that with an complex disorders that are of seemingly disconnected symptoms, and if not decades,

specific pain come back perfectly normal and give us her head, not knowing what to do

less often order an expensive array of tests, and often dangerous medications, and other best colleagues.

By their physicians frequently (often after spend on anything the doctor tries, both in surgery with the situation,

In *Blaylock's Wellness Report*, I will address an — medical pain — and will address, (their lives, often without prescription drugs,

Medical Pain

as an medical pain (from the roots "muscle" the meaning of the muscle) affects 40% the incidence of medical pain increases

will do not completely understand the a clear picture of how it affects people and (pain of intense pain within certain

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Blaylock Wellness Report Archives

Brad Olsen



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The Blaylock Wellness Report Russell L. Blaylock, Dr. Blaylock's Prescriptions for Natural Health Russell L. Blaylock, 2016 The author presents a series of natural remedies for a variety of health conditions as well as recommendations for supplements advice on foods to avoid and a suggested anti inflammatory diet to combat aging *A New Way to Age* Suzanne Somers, 2020-01-07 At seventy three years young 1 New York Times bestselling author and health guru Suzanne Somers has established herself as a leading voice on antiaging With *A New Way to Age* she takes things a step further to present a revolutionary philosophy for a longer and better quality life in the form of easy to understand lessons and doctor interviews that will make you feel like you ve just had the best checkup of your life There is a new way to age I m doing it and it s the best decision I ve ever made I love this stage of my life I have juice joy wisdom and perspective I have energy vitality clearheadedness and strong bones Most of us are far too comfortable with the present paradigm of aging which normalizes pills nursing homes and the big three heart disease cancer and Alzheimer s disease But you don t have to accept this fate Now there s a new way to grow older with vibrancy freedom confidence and a rockin libido This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting edge techniques such as balancing nutritional and mineral deficiencies detoxifying your gut for weight loss pain management with non THC cannabis instead of harmful opioids and much more Aging well is mainly about the choices you make on a daily basis It can be a fantastic process if you approach it wisely After a lifetime of research Suzanne came to a simple conclusion what you lose in the aging process must be replaced with natural alternatives In order to thrive you have to rid your body of chemicals and toxins Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth *Vaccination Controversies* David E. Newton, 2013-03-21 Why is there such an active and ongoing resistance to mandatory vaccination This book examines why vaccination as a public health measure continues to be highly controversial Objections to mandatory vaccination are widespread in the world today Rather than being a new development such objections have existed since vaccinations were first introduced This book provides complete coverage of the history and background of vaccination issues in the United States and around the world along with a detailed examination of the issues related to the use of vaccination today and supplies readers with the necessary information to consider if the potential benefits of vaccination outweigh the risks *Vaccination Controversies A Reference Handbook* overviews the scientific basis for and history of immunization as a method for protecting individuals against disease along with a review of the social political and economic issues related to the use of immunization in both human and animal populations The book debunks prevalent public health myths by clearly outlining the scientific consensus behind modern immunization regimes Also included are profiles of important individuals and organizations within the history of vaccination a chronology of important events as well as pertinent reports laws and court decisions that give the reader a greater appreciation of the issues surrounding vaccination **Integrative Medicine**

Bonnie McLean O.M.D.,2017-07-31 Integrative Medicine The Return of the Soul to Health Care is an introduction to the field of integrative medicine Based on both her extensive research and personal experience as a practitioner and recipient of allopathic medicine oriental medicine functional medicine energy medicine and counseling Dr Bonnie McLean offers a user friendly overview of integrative medicine with resources for further exploration by the reader From childhood to her current practice in oriental medicine Dr McLean has spent her life immersed in medicine Raised by a physician father and nurse mother she spent the first twenty years of her adulthood as an RN After witnessing what she calls a loss of soul in contemporary medicine she spent the next thirty years in a search of the soul in medicine She explored natural medicine Chinese medicine psychology energy medicine and shamanic healing With the advent of integrative medicine she strongly believes that the soul of medicine is returning The best of both worlds science of medical technology and the art of healing contemporary knowledge and ancient wisdom East and West are beginning to work hand in hand under the umbrella of integrative medicine Integrative medicine is the wave of the future

TOX-SICK Suzanne Somers,2016-04-19 It s as if we are all on a big chemical drunk and the hangover is a killer Suzanne Somers in TOX SICK Pioneering health and wellness advocate Suzanne Somers delivers a powerful answer in this expose on the immediate and long term dangers of living in a world that has become increasingly toxic to our health The build up of toxins in our bodies can lead to myriad health concerns including weight gain food allergies brain disorders cancer among many others Moved to investigate by her own family s plight Suzanne sits down with environmental doctors and specialists who share eye opening information and practical advice for how to survive thrive and stay healthy today In Tox Sick you ll learn how to effectively detox all your body s systems and the different survival skills that can save your life from top experts in the field including Dr Sherry Rogers an environmental doctor for over 40 years shares the truth about detoxification and where you will likely be if you don t take it seriously Dr Nicholas Gonzales shares where cancer comes from and how to manage it by detoxifying the liver and supplementing with enzymes Dr Ritchie Shoemaker alerts you to mold toxicity the newest threat to your brain and wellbeing and just what to do to fight for your health Dr Walter Crinnion teaches what everyday objects to avoid and the simple diet and lifestyle shifts to clean up your health and home in mere weeks Dr Stephen Sinatra America s leading integrative cardiologist explains that we have been approaching heart disease all wrong a healthy gut detoxed body and quality fats are each crucial and cardioprotective Dr Gary Gordon shares new protocols for removing toxic lead from the body as well as ways to keep the most important gland in your body the thyroid clean and healthy From diet and supplement advice to coconut oil cleanses everything you need to live clean and enjoy great health is in your hands

Modern Esoteric Brad Olsen,2017-08-02 This completely reworked second edition of Modern Esoteric includes new information over a dozen additional images and up to date revisions Winner of the Best Book Design 2014 Modern Esoteric examines the flaws in modern history and looks at how conspiracy theories esoteric knowledge and fringe subjects can be used to help change the

dead end course humanity seems to be following The Lifeology section explores the long and storied alternative narrative of life on this planet In the Control section author Brad Olsen examines how Big Brother is here in the form of the New World Order and how they keep the knowledge of humankind s true nature from the mass population Finally the Thrive section looks at all the ways humans are evolving to achieve their full potential *The Omega-3 Effect* James Sears,William Sears,2012-08-28 We all want to live as healthfully as possible In The Omega 3 Effect Dr William Sears turns his attention to the critical role that omega 3s play in the body Dr Sears takes readers through each body system including the brain heart joints skin and immune system and demonstrates how omega 3s are essential to each The Omega 3 Effect also offers tips on what foods and supplements readers should incorporate into their diet as well as several delicious recipes Written in the wise accessible tone that has made his books beloved bestsellers Dr Sears offers a practical and science based approach to living a more healthful life *Health and Education in Early Childhood* Arthur J. Reynolds,Arthur J. Rolnick,Judy A. Temple,2015-02-19 Health and Education in Early Childhood presents conceptual issues research findings and program and policy implications in promoting well being in health and education in the first five years of life Leading researchers in the multidisciplinary fields of early learning and human capital formation explore the themes of the integration of health and education in promoting young children s well being the timing of influences on child development and the focus on multiple levels of strategies to promote healthy early development Through this a unique framework is provided to better understand how early childhood health and education predictors and interventions contribute to well being at individual family community and societal levels and to policy development Key topics addressed in the chapters include nutritional status parenting cognitive development and school readiness conduct problems and antisocial behavior obesity and well being in later childhood and adulthood **Screening Sandy Hook** Deanna Spingola,2015-02-03 Most parents would never consider dispensing deadly addictive street drugs to their children but if a trusted physician writes a prescription for an FDA approved schedule 2 medication for their two year old based on some questionable mental health screening those unwary parents do not question or object Despite side effect warnings regularly revealed during TV ads parents frequently fail to take those warnings seriously perhaps presuming that the side effects are happenstance or rarely occur Over the decades because organized psychiatry represented by the American Psychiatric Association APA convened numerous consensus panels that designed hundreds of non biologically based disorders for its Diagnostic and Statistical Manual of Mental Disorders DSM especially suitable for the pill for every ill pharmaceutical industry that conceivably already had many profitable solutions for the disorders in the pre production process The consequences have been disastrous with no discernable end in sight some people taking prescription drugs or withdrawing from them have perpetrated school mall and public shootings That is in addition to thousands of suicides that the public never hears about unless the victim is a well known public figure like Robin Williams Just the military related suicide rate is 8 000 per year untold numbers of these are the result of the psych drug

cocktails doled out by psychiatrists working for the VA The government is big pharma's largest customer In addition to the homicides and suicides irreversible brain damage results from drug remedies to temporary problems that might have been easily resolved through compassionate interaction and talk therapy Despite the claims that drugs were not a factor in the Sandy Hook mass murders certain circumstances provide a different picture Adam Lanza always a unique individual changed from being a geeky weird kid to being a mass murderer not of people his own age but of beautiful vulnerable children feeling secure in their classrooms in a sleepy bedroom community in Connecticut

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