The Blaylock Wellness Report®
Living a Long, Healthy Life
by Russell L. Blaylock, M.D.
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Key Points

- Studies confirm that masks don't stop the spread of viruses
- Dangers of prolonged mask-wearing
- Harmful effects of low oxygen and high carbon dioxide
- Can face masks worsen COVID-19?
- We're not getting a clear picture of mask risks

PLUS

- Natural compounds can control diabetes
- The forgotten wonders of pycnogenol

ASK DR. BLAYLOCK

- Can COVID-19 come back?
- What helps control seizures?

Face Masks: A Remedy or a Health Risk?

I find it unbelievable that so many states have virtually shut down essential medical services due to the COVID-19 outbreak. The consequences have been dire.

For example, a number of funeral home directors in New York have stated emphatically that people are dying at home of heart attacks, strokes, complications from diabetes, and numerous other treatable conditions either because they are terrified of going to the hospital, or basic but essential services are no longer being made available to them. Many physicians have confirmed these grim stories.

I have never seen such insanity, and I've lived through some of the worst influenza pandemics of the 20th century, outbreaks that killed more people than the current pandemic. (The death statistics of COVID-19 are being grossly inflated.) And just because a person has contracted a virus, that doesn't mean the virus is necessarily harming them.

In fact, we are all regularly infected with numerous viruses that cause no harm at all unless our immune system fails.

We must also keep in mind that except for a relatively small segment of the population, this virus is rather benign — though for that small but highly vulnerable segment, COVID-19 is potentially deadly.

What most don't appreciate is that people with immune-suppressing diseases such as obesity, diabetes, advanced heart disease, poorly controlled hypertension, and preexisting pulmonary diseases are vulnerable to any type of virus. Even a common cold virus can be deadly for them.

And many people who contract COVID-19 are suffering with preexisting conditions. It is those conditions, not the virus, that kill them (even though they are being falsely counted as COVID-19 deaths).

Elderly people who eat healthy, exercise regularly, and maintain sufficient levels of crucial vitamins and minerals — especially vitamins C, E, and D3, magnesium, zinc, and selenium — are at very low risk for serious illness or death from this virus.

The rare young people who have a serious reaction to COVID-19 are those who are immune-suppressed in some way — such as we see in cases of AIDS — those taking immunosuppressive drugs (including statin drugs), extreme athletes, people with hereditary immune disorders,

cancer patients under treatment, and those with other immune suppressing disorders. Obesity also puts a young person into the high-risk category.

One of the worst distortions that has occurred during this pandemic is the idea that wearing face masks will prevent the spread of the COVID-19 virus. In this month's issue of The Blaylock Wellness Report, I will tell you why the data don't support that idea. I will also explain what prolonged mask-wearing does to the body and lay out the dangerous health consequences of such a practice.

Studies Confirm That Masks Don't Stop the Spread of Viruses

Before we explore ways to protect your health, I need to emphasize some important things we know about the science of face masks. There is a reason face masks have not been recommended during flu seasons in the past — for the most part, studies show that they are ineffective.

The government of the Netherlands recently abandoned using face masks as a control measure for COVID-19 because they realized that mask use was not supported by scientific studies.

Most of what we know about the spread of respiratory viruses comes from studies of influenza viruses, which behave much like this COVID-19 in terms of transmission.

I am currently reviewing all the major studies on this virus, as well as all major studies on the use of masks for controlling the spread of respiratory viruses.

What really disturbs me about the response of many city and state governments is that the only solutions being offered are wearing face masks hiding at home and "distancing." Evidence from the research is quite clear: Surgical face masks, handkerchiefs, and especially cloth masks do not reduce the spread of viruses by fine aerosols, such as we see with the flu viruses and COVID-19.[1-3]

In fact, cloth masks have been shown to actually increase the spread of the virus.[4, 5]

In one study, researchers concluded, "We did not find evidence that surgical-type masks are effective in reducing laboratory-confirmed influenza transmission, either when worn by infected persons (source control) or by persons in the general community to reduce their susceptibility".[6]

Another review of 10 randomized, controlled studies found that face masks produced no significant reduction in influenza-like illnesses.[7]

Other research on masks of various types has demonstrated why they don't work. Most earlier studies (and some recent studies) mistakenly assumed that all that mattered was the passage of breath and droplets through the material at the front of the mask by breathing, talking, or coughing. Therefore, they tested masks by tying them over a tube to seal the mask against leaks and then blowing a stream of virus-laden

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Author & Editor Russell L. Blaylock, M.D.

Contributing Editor Matthew Kalash

Art/Production Director Phil Aron

For Subscription/Customer Service inquiries, call 1-800-485-4350 or email wellnessreport@newsmax.com.

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BLAYLOCK TIP

Getting Safe Drinking Water

Most municipal drinking water is contaminated with an assortment of toxic metals and chemicals, even organic chloride compounds. Whole house filtration systems are a bad idea, because if you are away from home for several days or longer, the water in the pipes beyond the filter can grow numerous organisms and collect toxic metals.

The best methods for obtaining drinking water are either a reverse osmosis system at the faucet head or to use distilled water, as I do. Add 100 mg of magnesium malate or citrate per gallon of water as powdered magnesium to improve its health benefits.

You should avoid all fluoridated drinking water because fluoride is a very powerful toxin, even in the concentrations used in municipal drinking water. Aluminum — which is also added to drinking water — rapidly binds to fluoride, forming an aluminofluoride compound that is even more toxic than either substance by itself. Studies have shown that in a concentration just one-half of that used in drinking water (1 part per million) aluminofluoride does significant damage to brain cells.

More than 50 studies have now linked fluoride to impaired IQ in children.

air through the mask material. But that's not what happens in the real world.

Studies that more closely reproduce what happens when people wear a mask clearly show that most of the air they breathe does not pass through the mask, but rather escapes around its edges in powerful streams or jets.[8, 9]

These air jets send plumes of fine particles as far away as 27 feet, and can fill a room with viruses after a short period.[10] And those viruses can remain airborne indefinitely, according to researchers.

Because the air jets created by face masks are mostly directed backward, people walking behind an infected mask wearer will inhale a plume of virus-saturated air.

For example, if you're in a supermarket, walking down an aisle behind an infected person, as you move forward you will be passing through and breathing air that contains a high density of viruses.

In addition, any items the infected mask wearer touches in the grocery store, such as produce, will become contaminated.

That air leaking around the sides of a face mask also covers the mask wearer's hair, eyebrows, and entire face with exhaled viruses.

When the person touches his or her face or hair, their hands or gloves become infected. Anything they touch thereafter becomes contaminated.

By giving people a false sense of security, the masks may actually be increasing the spread of the virus.

And the person wearing a mask in hopes that it will protect him or her is also deceived. Infected air (aerosols) can enter the side of the mask, bringing infected air directly into their lungs.

This explains why so many studies are showing that masks do not significantly reduce infection rates.

Another often-ignored consideration is the finding that facial hair and even facial wrinkles can act as significant leakage sites around the mask.[11]

Beards and beard stubble are quite common now. To enforce efficient mask use would require a government edict that all men must shave off their beards and facial stubble.

Hospitals don't depend on masks alone to prevent airborne infections. In hospitals, workers and physicians wear goggles, gowns, shoe covers, and surgical caps. Most hospital workers use the N95 respirator mask, which fits closer to the face and has a higher-grade filter. In addition, hospital workers frequently wash their hands and avoid touching their masks. And yet, despite this extensive use of protective devices, approximately 20 percent of hospital workers have gotten infected.

Studies have shown that fine aerosols make up the major portion of exhaled droplet particles in peoples' breath, and that those aerosols contain the highest concentration of infectious viruses — far more than the larger droplets masks are designed to stop.[12, 13]

These fine aerosols pass easily through surgical masks and cloth masks, as well as flowing around the edges of the masks.

Aerosols also make up the vast majority of the turbulent plume of virus-laden particles released when

a person coughs or sneezes. And this plume can extend far beyond the six-foot "social distancing" boundary being mandated.[14]

Small rooms with poor ventilation present the greatest risk of infection. This explains why infectious clusters usually occur in homes.[15]

People generally spend most of their time in their homes, thus maximizing contact with the infected person.

Attempts to use masks in homes to contain respiratory viral infections have consistently failed.[16-18]

Is it fair to compare transmission of influenza viruses with the COVID-19 virus?

I think so, mainly because both viruses are transmitted by droplets in exhaled breath when talking, laughing, sneezing, and coughing. The viruses do not travel independently, but rather are contained in these droplets.

Larger droplets come from the nose and, less so, from the mouth. The finer aerosol droplets come from deep in the lungs, where major infection is occurring.

Again, these fine droplets are the main source of infection and are not stopped by surgical masks or cloth masks.

The COVID-19 virus is slightly smaller than the influenza virus. Proof that this virus is spread mainly by aerosols comes from studies showing that there is 100 percent transmission rate among animals housed in separate cages, which indicates a type of transmission by fine aerosols.[19]

The rare study showing masks to be efficient for preventing the spread of COVID-19 were poorly conducted; they obviously should not have passed peer review and should never have been published.[20]

Dangers of Prolonged Mask-Wearing

Different masks restrict air flow to different extents. Unfortunately, the more efficient a mask is for filtering smaller particles out of the air, the more it will restrict your ability to breath.

This can cause your blood oxygen level to eventually fall, and the carbon dioxide (CO2) level in your blood to rise. And that's not something you want to have happen.

The N95 masks are one of the most efficient types. It is accepted that these masks can be tolerated for no more than four hours.

After that, a person can suffer complications including headaches and difficulty breathing resulting in low oxygen and high CO2 levels.

With multilayered cloth masks and surgical masks — and even more so the N95 (P2) respirator mask — a person can maintain fairly normal blood oxygenation and CO2 levels for a relatively short period. But to do this requires him or her to breathe more deeply and more often to compensate for the oxygen restriction caused by the mask.

Usually after an hour or two, a person will begin to feel fatigue from fighting the mask, which will allow the blood oxygen to progressively fall and CO2 levels to rise.

A study of surgeons wearing surgical masks for up to four hours demonstrated a progressive reduction in blood oxygen levels, which was sufficient to cause problems with their judgment.[21]

The researchers also compared surgeons below age 35 to those over age 35 and found that the older surgeons suffered a greater drop in blood oxygen levels than the younger surgeons.

It's important to understand that most of the studies that found few adverse effects from wearing masks had test subjects wear their masks for no longer than an hour, a duration most people can tolerate.

But after that amount of time, problems begin to arise, and progress. People working at so-called "essential" jobs are being required to wear masks for eight- or even 12-hour shifts, day after day.

I'm also seeing people who wear their masks outdoors or even while driving, despite there being no rationale for doing so.

As already noted, wearing surgical or cloth masks can actually increase a person's risk of becoming infected or infecting others. Studies have shown that masks quickly accumulate moisture, thus encouraging

BLAYLOCK TIP

Treating Diabetes With Saffron

Diabetes is one of the fastest growing diseases in the West, especially in the United States. It's a leading cause of amputations, blindness, and impotence, and plays a major role in early heart attacks and strokes. Even slightly elevated blood sugar (prediabetes) is associated with a significantly higher incidence of heart attacks and strokes. In addition, cancer rates are higher among diabetics, and diabetics with cancer have a poorer prognosis than people with normal blood sugar levels.

One of the primary effects of diabetes — especially poorly controlled diabetes — is high levels of free radicals and lipid peroxidation products throughout the body. As a powerful antioxidant, saffron would be a major weapon for taming complications of diabetes. Studies of saffron extract on diabetic animals demonstrated that the compound increases antioxidant capacity, lowers glucose levels, decreases cholesterol and triglycerides, and reverses insulin resistance (the major cause of Type 2 diabetes).

Saffron extract also lowered inflammatory cytokine levels in diabetic animals. That's one of the most important steps for preventing damage to organs and tissues.

growth of viruses and bacteria within the mask material itself. And if people handle their masks repeatedly or dispose of them improperly, they expose others to all kind of infections.

Harmful Effects of Low Oxygen and High Carbon Dioxide

Of particular concern is the adverse effect of daily prolonged periods of low oxygen (hypoxia) along with high levels of CO2 (hypercapnia).

In one study, two test subjects out of 14, neither of whom were obese or unhealthy, developed substantial CO2 retention.[22] This indicates that there could be thousands of people with high CO2 levels caused by wearing a mask.

We know a great deal about the effects of both hypoxia and hypercapnia from studies on sleep apnea.

Wearing a mask every day for several hours exposes a person to hypoxia and hypercapnia every day (during the day), as is seen with sleep apnea (on a nightly basis). It has been shown that exposing a person to hypoxia and/or hypercapnia every day increases sympathetic nervous system activity, which raises heart rate, blood pressure, and levels of anxiety.[23]

Studies have shown that hypoxia can result in significant anxiety and depression.[24] Studies have also shown increased suicide rates in people residing in lower oxygen atmospheres and among people with COPD.[25] Panic attacks can also be precipitated by hypoxia and hypercapnia.

It is also known that chronic stress induces a state of persistent, low-grade inflammation, which is associated with a long list of health ailments, including

- Diabetes
- Cancer
- Hypertension
- Cardiovascular diseases
- Strokes
- Neurodegenerative diseases[26]

Minnesota state senator Dr. Scott Jensen recently related an experience with one of his patients who had advanced cardiovascular disease. The patient came to his office complaining of shortness of breath while wearing his mandatory mask.

Dr. Jensen took his blood pressure and found it highly elevated, somewhere around 180/120. He then had his patient remove the mask.

After a few minutes, the doctor took the patient's blood pressure again — systolic pressure had fallen by some 40 points.

Elevated blood pressure caused by mask-wearing is of critical importance for patients with cardiovascular disease because a blood pressure spike could precipitate sudden cardiac failure, brain hemorrhage, stroke, or kidney damage.

In fact, we have no way of knowing how many people have died as a result of wearing masks because most physicians would never make the connection.

It is also known that borderline hypertensives (people with early high blood pressure) have an exaggerated sympathetic response when exposed to hypoxia such as is induced by a face mask.[27] This could

cause them to have a hypertensive crisis after prolonged mask-wearing.

Hypoxia is also associated with worsening of atrial fibrillation, a very dangerous irregular heartbeat. [28]

In addition, hypoxia triggers high levels of free radical generation and lipid peroxidation — and as a result, high levels of inflammation.[29]

People with sleep apnea are at high risk for hypertension, atherosclerosis, strokes, and sudden cardiac death, all because of repeated hypoxia.[30]

Repeated episodes of hypoxia are also associated with increased risks of cancer.

A recent study involving 4,910 people followed for four and a half years found that those exposed to intermittent hypoxia were significantly more likely to develop a malignancy.[31]

Repeated episodes of hypoxia have also been associated with an increased spread of melanomas.[32] Researchers discovered that hypoxia stimulates cancer growth and invasion, primarily through stimulation of inflammation pathways.[33]

In addition, intermittent hypoxia is associated with impairment of concentration, thinking, and memory.[34, 35] Impairment of cognitive function is common in cases of COPD, and would be made worse if these people were forced to wear a mask.[36]

Finally, there is growing evidence that hypoxia can increase the risk of dementia and other neurodegenerative diseases.[37]

Children, Pregnant Women Face Special Dangers From Mask-Wearing

Healthy young people might assume these dangers only apply to older people, but they should understand that most deadly diseases begin to develop during a person's younger years.

For example, atherosclerosis begins during childhood, and intermittent hypoxia has been linked to aggressive atherosclerosis.[38, 39] I have seen many very young children wearing masks, despite the fact that most states do not require children under age 11 to wear masks.

Wearing masks exposes these children to the risk of infections, because as noted masks worn for prolonged periods absorb a significant amount of moisture that acts as a culture medium for viruses and bacteria.[40] This danger is even greater during the summer.

Pregnant women are also being told, even by their obstetricians, that they should wear masks. This is incredibly irresponsible because it is known that hypoxia during pregnancy can produce lifelong neurological and behavior problems in the child.[41, 42] Such problems may include:

- Lower brain weight
- Delayed brain development
- Abnormal brain connections
- Impaired learning and memory
- Altered gene expression
- Altered brain chemistry

Studies of mask-wearing by pregnant women is often carried on for only a short term, with careful monitoring of oxygen levels and CO2 levels throughout for fear of harming the baby.

Pregnant women normally have reduced CO2 levels, which is the body's way of protecting the growing baby from hypercapnia. But that means that even normal to slightly elevated CO2 during pregnancy can potentially harm the baby.

Can Face Masks Worsen COVID-19?

As has been noted, most patients infected with COVID-19 have either no symptoms, mild symptoms, or moderate symptoms, and can remain at home.

Physicians are being told that if an infected

patient complains of shortness of breath, he or she should be hospitalized and should wear a mask, usually a surgical mask.

But there are numerous reasons for shortness of breath, including anxiety. With all the fear-mongering going on in the media, it's easy to understand why shortness of breath would be increasing in frequency, especially among people living alone.

In addition, for certain people, prolonged mask-wearing will cause the CO2 levels to rise; one of the recognized symptoms of elevated CO2 is shortness of breath.

Once in the hospital, these patients have their blood gases measured. If their oxygen drops to a certain level — which is more likely in people who are obese or smokers, or those who have preexisting pulmonary disease or heart disease — they will become candidates for a ventilator.

Placing these patients on a ventilator can cause their lungs to decompensate with a very high risk of death (70 percent to 80 percent).

One physician working in a busy ICU noticed that patients admitted with low oxygen levels were able to talk and did not seem to be in extreme distress. He also noticed that they had normal chest scans at that stage. But once they were put on a ventilator, the patients quickly deteriorated, and most died.

Keep in mind that once they arrived in the ICU, they were told to wear masks — even though it makes no sense to put a mask on someone who is having trouble breathing.

This physician decided to no longer put patients on ventilators. As a result, his patients had a much lower death rate, and most recovered.

This makes sense based on studies showing progressive hypoxia in a healthy person wearing a mask for several hours. And it's not surprising that a sick, frightened, anxious patient would experience worsening shortness of breath when made to wear a face mask.

Not Getting a Clear Picture of Mask Risks

Unfortunately, most of the research on the effects of wearing masks has been conducted in situations that don't reflect the real world.

For example, virtually every study excludes people with a chronic health problem, smokers, vapers, and obese individuals. In other words, they are carefully selecting mostly young, healthy people to study.

In the real world, there is a higher percentage of obese people, along with millions of smokers, immune-suppressed individuals, people regularly taking a number of prescription drugs, people using illegal drugs, frail, elderly people, and people with significant psychological and behavioral problems.

But these people are never tested for their tolerance of mask-wearing.

Studies have shown that even among the young, a greater percentage of obese people will experience higher levels of hypoxia/hypercapnia than those of normal weight.[43]

We also must question the wisdom of placing masks on newly hospitalized patients. This can cause their blood gases to fall, triggering being placed on a ventilator. A better option would be to use a face shield on these patients.

There are also a number of new treatments that can safely prevent or even halt the deadly cytokine storms that kill these patients. ■

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Health and Nutrition Updates

Persistent Harmful Effects of Consuming Glutamate

The first book I wrote, "Excitotoxins: The Taste That Kills," was on the harmful effects of adding glutamate extracts (such as MSG) to foods and drinks. Since the publication of the book, an enormous amount of research has expanded our understanding of how additives such as glutamate (and the artificial sweetener aspartame) harm our bodies.

While the book concentrates on the effects of excitotoxins on the central nervous system, newer studies have shown that glutamate receptors exist on virtually every tissue and organ in the body, including the heart, lungs, GI tract, blood vessels, kidneys, skin, eyes, hearing organs, and adrenal glands. High levels of ingested glutamate have been shown to dramatically increase free radical and lipid peroxidation formation for prolonged periods, even after a single dose. And glutamate is added to a great many processed foods.

In one study, researchers found that feeding MSG to mice not only caused obesity and insulin resistance (Type 2 diabetes), but also caused prolonged inflammation and free radical generation in the animals' livers, which led to an accumulation of fat in the liver — a condition called nonalcoholic fatty liver disease (NAFLD). This disorder, which can lead to liver cancer, is increasing exponentially in our society, even in young children.

The histological changes in the animals' livers were indistinguishable from human cases of NAFLD.

After the initial dose of MSG, the researchers observed increased liver inflammation, even after a year following the MSG exposure.

Some have observed that inflammation within blood vessels following a single dose of MSG can last a lifetime, which would dramatically increase the development of atherosclerosis.

The persisting harmful effects of MSG after an initial exposure was also demonstrated in the brain, with damage to brain cell mitochondria and a dramatic fall in antioxidant enzymes occurring long after the MSG exposure.

The only way to avoid excess glutamate is to avoid all processed foods and eat only freshly prepared, organic foods.

Natural Compounds Can Control Diabetes

Approximately 18 million Americans have diabetes, and 5.2 million are unaware they have it. Worse still is the fact that 46 million Americans have prediabetes, which can increase many of the complications associated with diabetes, such as cardiovascular disease, strokes, and kidney disease.

Each year, 83,000 people lose a limb to diabetes. It is also the primary cause of blindness, impairs immunity, and causes impotence. Diabetics are two to four times more likely to die of a heart attack or experience a stroke, and diabetes is the leading cause of kidney disease.

Especially frightening is the dramatic increase in insulin resistance and diabetes among children and adolescents. And with many clinics closed during the pandemic, diabetics have mostly been left to care for themselves.

The fundamental problem with diabetes is getting glucose into the cell, with insulin acting as an escort. Fortunately, a number of natural compounds have insulin-like activity. The most important of these is R-lipoic acid. Most plant flavonoids also lower blood sugar by increasing the movement of glucose into cells.

I have treated a number of Type 2 diabetics who were able to completely discontinue their medications by making dietary changes and using a of combination of these compounds.

Most of the diseases caused by diabetes are secondary to high levels of free radicals, lipid peroxidation products, advanced glycation end products (AGEs), and inflammation. R-lipoic acid and flavonoids are powerful antioxidants and reduce inflammation.

Switching to a diet mostly of nutrient dense vegetables (cooked, not raw), along with some meats and no bread, pasta, or sweetened products is essential for any diabetic. High glycemic carbohydrates should be avoided, and NutraSweet

should never be used, as it can significantly worsen diabetic complications.

R-lipoic acid is one of the basic supplements to use. It carries glucose into the cell, lowers blood glucose, and is a very powerful and versatile antioxidant and inhibitor of lipid peroxidation. The dose is 200 mg to 400 mg three times a day with meals, depending on the severity of diabetes.

The best flavonoids include nano-curcumin, nano-quercetin, and nano-ashwagandha (all available from One Planet Nutrition). Nano-ashwagandha has been shown to improve glucose control and keep glucose consistently around a normal level. The dose is 250 mg two to three times a day with meals, depending on the severity of one's diabetes.

Nano-quercetin and nano-curcumin — both in a dose of 250 mg three times a day with meals — will protect a person's tissues from damage by free radicals and lipid peroxidation products, as well as lowering inflammation.

It is important to also take a B-complex vitamin, magnesium (slow-release from Jigsaw Health), natural vitamin E, and nano-vitamin C.

Exercise also lowers inflammation and improves blood flow, blood glucose control, and brain function, and reduces the risk of frailty.

Danger of Dyes in Skin Products, Foods, and Medications

Many skin products contain brightly colored dyes to make them more appealing. Unfortunately, according to several studies these dyes can be toxic, and are significantly absorbed by the skin.

For example, a recent report looked at a pair of commonly used dyes called Brilliant Blue and Patent Blue V. While the dyes did not penetrate intact skin, they readily entered newly shaven skin. Some aftershave products also use this dye.

A recent review of other dyes used in pills, capsules, liquid medications, and many food products found that children, in particular, are being exposed to toxins. Nine dyes currently being used were cause for concern. Red No. 3 caused cancer in animals. Three other dyes — Red 40, Yellow 5, and Yellow 6 — have been found to be contaminated by the carcinogen benzidine or other carcinogens. Another study found that Blue 3, Green 2024, and Red 4 increased tumor incidence and mortality when injected into a hamster.

At least four dyes — Brilliant Blue, Red 40, Yellow 5, and Yellow 6 — cause hypersensitivity reactions, and Yellow 5 has been shown to damage genes. Several dyes contain aluminum, which is a brain toxin.

These dyes serve no nutritional or safety purposes and should be avoided and quickly removed from foods and medications.

Forgotten Wonders of Pycnogenol

When pycnogenol (French maritime pine bark extract) first appeared on the natural health market, it caused a lot of excitement. But it has been mostly forgotten. That's unfortunate because it has a number of incredible health benefits.

For example, in a double-blind, placebo-controlled study, 101 patients ages 60 to 85 were given either a placebo or 150 mg of pycnogenol for three months as a possible way to prevent and treat a decline in cognitive function. Researchers tested attention, working memory, episodic memory, and psychomotor performance. They found a significant improvement in working memory (which we use every day) and a dramatic decrease in lipid peroxidation products in those taking pycnogenol supplements.

Vascular diseases affecting the retina are quite common, and can lead to blindness. In another study, researchers tested 40 patients with diabetes, atherosclerosis, or other vascular diseases and found that the 30 they treated with 50 mg of pycnogenol three times a day for two months not only demonstrated no deterioration, but also showed significant improvement in visual acuity. The patients who got a placebo continued to deteriorate.

The researchers also conducted special testing (fluorangiography and electroretinogram) that demonstrated objective improvement in retinal vascularization and function within the treatment group.

Diabetes is a leading cause of blindness in the United States. The primary damage occurs in microscopic blood vessels in the retina (called diabetic microangiopathy). Another study used older patients with advanced diabetic complications. The subjects were given 50 mg of pycnogenol three times a day for four weeks. After a month, they saw a significant

improvement of microangiopathy, with a significant decrease in leakage of the vessels — a major cause of retinal damage and blindness.

In another study, researchers found that pycnogenol supplementation could significantly improve healing of diabetic ulcers, which can be very difficult to mend. The ulcers healed completely in 89 percent of the patients within six weeks.

One use of pycnogenol is for treatment of vein problems of the legs that can cause swelling and eventual development of leg ulcers, which are difficult to heal. Patients taking pycnogenol saw reduced swelling of their legs and a significant reduction in venous leakage, which also prevented ulcerations.

Pycnogenol has also been very effective for preventing venous thrombosis in people who fly long distances.

Pycnogenol increases nitric oxide production, but only in blood vessels, thereby improving blood flow. (Hesperidin also selectively increases blood vessel nitric oxide.) In addition, pycnogenol lowers elevated blood pressure when taken for 12 weeks.

Another beneficial effect is its ability to lower histamine levels, which reduces allergy symptoms.

Based on its ability to improve blood flow and stimulate blood vessel nitric oxide levels, pycnogenol should also significantly improve erectile dysfunction, even to normal levels, when combined with L-arginine.

In another study, researchers observed a significant improvement in vascular insufficiency-induced leg cramps and pain.

The usual dose is 50 mg to 100 mg three times a day.

Migraine Headaches Linked to GI Tract

It's turning out that a great many things are linked to the gastrointestinal (GI) tract, especially to either a leaky gut or abnormalities in the colon microbiota (bacteria). Most people, even doctors, think that migraine problems are related only to the head, but in a large number of sufferers, GI problems either are present or even predominate.

Migraine headaches are significantly more common in people with celiac disease, Crohn's disease, irritable bowel syndrome, gastroparesis, and ulcerative colitis. The common link between these diseases is inflammation. When the contents of the intestines leak out into the bloodstream, there is an inflammatory reaction that can reach the brainstem and trigeminal ganglion (a nerve cluster in the brain), triggering a migraine attack.

When probiotic organisms in the GI tract are abnormal, we see increased inflammation systemically, as well as in the brain. In one study, researchers supplied some participants with probiotics (*Lactobacillus* and *Bifidobacteria*) and found that the migraine patients who received the probiotics improved; 60 percent enjoyed complete relief.

In addition, quality-of-life scores among those who took probiotics increased from around 38 to between 80 and 100.

Is Your Toilet Destroying Your Brain?

Researchers have shown that when you flush your toilet, an invisible cloud of spray rises from the bowl, filling the bathroom with fecal contamination. This material can be deposited on toothbrushes, countertops and any other objects in the room.

Even when the fecal detritus has been flushed, subsequent flushing can also produce a contaminated spray.

While most worry about the infectious contamination, of equal concern (or maybe even more) is the effect of inhaling lipopolysaccharides (LPS) from the fecal spray.

Lipopolysaccharides are the lipid coating on colon organisms such as E. coli. This extensively studied substance has been shown to trigger intense widespread immune activation when injected. When inhaled, it can be absorbed into the olfactory nerves, where it will be transported to brain areas critical to memory and learning.

Within the brain, the LPS will trigger an intense activation of microglia, resulting in a very destructive immunoexcitotoxic reaction — which can lead to neurodegenerative diseases such a Parkinson's disease, Alzheimer's dementia, and other neurological disorders.

As far as I know, not one has looked into this possible hazard, but it should be examined. It is important to close the lid on the toilet before flushing and quickly leave the room. ■

Ask Dr. Blaylock

Attention Readers:

Dr. Blaylock welcomes any questions or comments you would like to share. Each month, he will select a few to be published and answered in the newsletter. Please remember that he cannot answer every question. When submitting a question or comment, please include full name, city, and state. Please e-mail the doctor at: askblaylock@newsmax.com.

Is There an Alternative to Chemo?

Q: I have follicular lymphoma, but I do not feel sick and am very concerned that chemotherapy would be too hard. Is there an alternative to undergoing chemotherapy?

— Ingrid P., Santa Rosa, N.M.

A: Studies have shown that the cells of this particular form of lymphoma are rapidly killed by curcumin.

In one study, curcumin and EGCG along with conventional chemotherapy resulted in a complete remission of the cancer. Quercetin also powerfully inhibits lymphoma cells.

Only you can make the decision concerning the use of chemotherapy. If you choose not to, an alternative would be nano-curcumin in a dose of 1 gram four times a day (with food), nano-quercetin in a dose of 500 mg three times a day with meals, and 250 mg of nano-EGCG three times a day with meals. All of these nano-products are available from One Planet Nutrition.

Can COVID-19 Come Back?

Q: I caught COVID-19 in April, and was laid up at home for 11 days. I fought it using lypo-spheric vitamin C and have no ill effects, but I've read about the retroviruses it may have contained, including HIV parts. Could I get sick again?

— Richard T., Grand Rapids, Mich.

A: The COVID virus contains gene structures from the HIV virus, which causes suppression of important immune cells in infected patients. But once a person has recovered, there should be no problems.

As for the XMRV retrovirus, it is suppressed when the immune system is competent. Taking 250 mg of beta-glucan once a day for a week will keep the immune system competent. The beta-glucan should be taken on an empty stomach. Ashwagandha and CoQ10 also stimulate immunity.

Astragalus extract restores suppressed immune cells.

What Helps Control Seizures?

Q: I am a 50-year-old woman who suffers from seizures. I have your article "Natural Compound That Slows Aging," which mentions vinpocetine. Is there anything else I can take to help control seizures?

— Leah E., Framingham, Mass.

A: There are a number of natural compounds that are effective for controlling seizures. The most impressive include nano-bacopa, nano-ashwagandha, nano-curcumin, vinpocetine, and taurine. These should all be taken with meals.

It is important to avoid hypoglycemia (blood sugar spike and crash), so avoid pastries, cakes, ice cream, and other sources of sugar.

All excitotoxin food additives should be avoided as well as aspartame products.

Foods high in glutamate should also be avoided, including tomatoes, mushrooms, and soy.

How Can I Avoid Chemo 'Rebound'?

Q: My oncologist says that there is a "rebound" effect with Avastin, which is technically not a chemo drug. It cuts off blood supply to tumors, but when it is stopped blood will rush in to the tumors. Is there a natural way to avoid this rebound effect?

— Jenny B., Pensacola, Fla.

A: A number of natural anticancer compounds inhibit blood vessel growth (angiogenesis) within

tumors. These include nano-curcumin, baicalin, nano-quercetin, nano-ashwagandha, apigenin, luteolin, and EGCG. They also inhibit cancer by other mechanisms, which make them especially effective against a great number of types of cancer.

How Do You Treat Resistant Cancer?

Q: My husband's daughter-in-law had a cancerous thyroid gland removed five years ago. It was recently discovered the cancer had metastasized and she has tumors in her lungs. Her oncologist said chemo will not work, but radiation might. Is there anything else that might help her?

— Sandra K., Dry Ridge, Ky.

A: In most cases, radiation treatment for resistant tumors is unsuccessful and can actually make some cancers grow faster.

In such cases, the use of natural anticancer compounds makes sense.

Nano-curcumin, nano-quercetin, nano-ashwagandha, nano-EGCG, berberine, and high dose nano-vitamin C in combination have very strong anticancer effects against otherwise chemotherapy resistant tumors. Several of these compounds have shown powerful anticancer effects against aggressive thyroid cancers.

Can I Take Aspirin and Curcumin?

Q: Two weeks ago while I was running, a gray wall covered the bottom half of my vision in one eye then faded away. I am told that it was a piece of plaque in the blood vessel leading to my eye. I was prescribed daily baby aspirin. I take 600 mg of curcumin daily. Can I take a baby aspirin with curcumin?

— Melanie V., Elizabethtown, Ky.

A: I would not combine curcumin with baby aspirin. To protect the retina, I would use nano-curcumin, pine bark extract (pycnogenol), magnesium malate (Jigsaw Health slow-release brand), and vinpocetine. These each have mild anticoagulant effects that would be equal to the baby aspirin, but safer.

You could also consider taking DHA in a dose of 2,000 mg a day. ■

About Dr. Blaylock

Dr. Russell Blaylock is a nationally recognized, board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, S.C. For 25 years, he has practiced neurosurgery in addition to having a nutritional practice. He recently retired from his neurosurgical duties to devote his full attention to nutritional studies and research. Dr. Blaylock has authored four books on nutrition and wellness, including "Excitotoxins: The Taste That Kills," "Health and Nutrition Secrets That Can Save Your Life," "Natural Strategies for Cancer Patients," and his most recent work, "Cellular and Molecular Biology of Autism Spectrum Disorders," edited by Anna Strunecka. An in-demand guest for radio and television programs, he lectures extensively to both lay and professional medical audiences on a variety of nutrition related subjects.

He is the 2004 recipient of the Integrity in Science Award granted by the Weston A. Price Foundation. He serves as an assistant editor-in-chief for the journal "Surgical Neurology International." He was also a lecturer for the Foundation on Anti-Aging and Regenerative Medicine. At present, he reviews medical articles being considered for publication in various journals.

Dr. Blaylock previously served as clinical assistant professor of neurosurgery at the University of Mississippi Medical Center in Jackson, Miss.

Adults Hail Anti-Aging Miracle

Doctor-developed formula provides potent antioxidant support and inflammmatory balance.

By S.A. Nickerson, Health Correspondent

Researchers were stunned recently to discover that one specific factor predicts successful aging better than anything else.

That factor? Your level of body inflammation.

When you maintain lower levels of inflammation, you help your brain, heart, and body age more successfully. And of course, this improves your odds of enjoying a vigorous, healthy life for many years to come.

Why Maintaining Proper Inflammatory Balance Is Crucial

A certain level of inflammation is a good thing. You need it for cell repair and overall health. But for many reasons (including merely growing older), the process often goes haywire.

Science has linked out-of-control inflammation to many adverse outcomes when it comes to health.

In fact, retired neurologist and natural health advocate Dr. Russell Blaylock considers inflammation to be the "ground zero" of health concerns.

That's why Dr. Blaylock, a famed medical doctor and neurosurgeon, has scoured the medical literature looking for natural ways to promote and support inflammatory balance.

Flood Your Cells with Antioxidants & Nutrients

All his research led Dr. Blaylock to formulate the comprehensive formula **ADVANCIN®**.

Studies show that damaging free radicals initiate and perpetuate runaway inflammation in a process called oxidation.

That's why the exclusive **ADVANCIN** formula contains multiple antioxidants to help fight free radical damage at the cellular level — and promote a proper inflammatory response.

Not all antioxidants are created equal. So Dr. Blaylock hand-picked all eight of the antioxidants and supporting nutrients in the **ADVANCIN** formula.

- Resveratrol
- Quercetin
- Green Tea Extract
- Hesperidin
- Luteolin
- Vitamin C
- Chamomile Extract
- Bromelain

6 POWERFUL BENEFITS OF DOCTOR-DEVELOPED ADVANCIN

1. **Promotes proper inflammatory response for the entire body**
2. **Fights free radical damage at the cellular level**
3. **May help fight premature aging related to oxidative stress**
4. **May support normal blood flow**
5. **Supports heart and brain health**
6. **May help support healthy lipid (cholesterol) levels**

Support Successful Aging

ADVANCIN promotes successful aging in two easy ways: by providing excellent antioxidant protection and by supporting a proper inflammatory response. Take this opportunity to try **ADVANCIN** for yourself today!

Advancin Users Say It Really Works!

"**ADVANCIN** has helped me immensely." – *David, Johnston, SC*

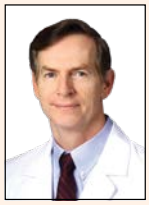
"Since I have been taking these supplements, I have had a once a year checkup with perfect health report by my doctor. This is great being 70 years old. Thank you for the great product and excellent service." – *Fakhroddin, Bethany, OK*

"It is working quite well. My blood circulation has improved." – *Errol, Marina, CA*

"Surprise… my checkup showed marked improvement." – *Pam, Chattanooga, TN*

"I have found a noticeable improvement… it has made a definite difference." – *Herb, Coatesville, PA*

30-Day Trial of ADVANCIN® AT NO COST

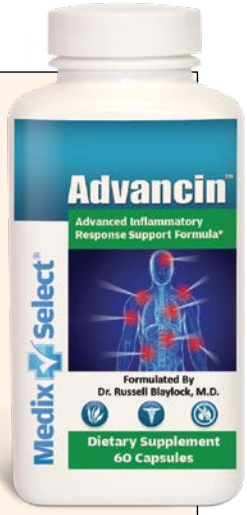


DR. BLAYLOCK

Medix Select, one of the nation's premier nutraceutical companies, is sure you'll love **ADVANCIN**. That's why they're offering you a risk-free 30-day trial supply at **NO COST***. That's a **$39.95 value!** Just cover a small shipping fee of $4.95, that's all.

You'll also receive Dr. Blaylock's detailed special report **A Doctor's Guide to Controlling Inflammation** as a **FREE** bonus gift (a $20 value).

Due to the popularity of this offer, consumers who call after the current supply is exhausted will have to wait until more becomes available. Since that could take weeks, the company advises not to wait.



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