



Dr. Frank Shallenberger's **SECOND OPINION**[®]

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HEALTH NOTES

Why You Should Avoid New Drugs, Surgeries, and Procedures

Thank God for Big Medicine and Big Pharma. They are constantly coming out with amazing new innovations that unlike natural, non-patentable treatments, are proven to work. I hear all about these wonderful new inventions every time I read a medical journal or go to a conventional medical conference. And this is certainly what many people including doctors in the United States believe. But, is it true? Do all of these “new and improved” treatments stand the test of time? The latest evidence looking at the answers to these questions may very well shock many patients and doctors alike. It has to do with what are known as medical reversals.

“Medical reversals” are something that you are never going to hear about from the mainstream press. That’s because it’s a term that defines instances in which updated clinical trials show that current medical practices are ineffective or misguided. Medical reversals often concern medications, but they can also affect surgical procedures. New research reveals that there are currently almost 400 medical reversals!

Diana Herrera-Perez, a research assistant at the Knight Cancer Institute at Oregon Health & Science University (OHSU), in Portland, is the lead author of a new meta-analysis looking at medical reversals. To assess the problem, she and her colleagues examined over 3,000 randomized controlled trials published in three prestigious medical journals over

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Vibration Therapy Does More Than Improve Muscle Function and Balance

In the past, I’ve told you about a great way to get exercise without doing anything but standing on a device that looks like a large bathroom scale. It’s called Power Plate and the whole body vibration it creates is proven to help your body. Not only does it strengthen your muscles, increasing mobility, balance, and overall strength, it also helps lower blood pressure and strengthens your heart. Now there’s news that this easy-to-use in-home device can do a lot more than that.

A recent scientific research article that appeared only a month ago in the *International Journal of Molecular Science* underlined what may be one of the most important disease prevention revelations in years. It ties together three somewhat improbable factors in chronic disease: inflammation, intestinal bacteria, and whole body vibration. This study revealed that whole body vibration may well become one of the most important things you can do not only to stay in great shape, but also to prevent and even treat most chronic diseases.

The authors of the paper from the Medical College of Georgia start with a startling statement about the deplorable health conditions that we continue to see in civilized countries. “The current dietary pattern, coupled with massively reduced physical activities, causes an epidemic of obesity and chronic metabolic diseases, such as type-2 diabetes mellitus.” They go on to emphasize a link between these poor lifestyle choices and how they cause inflammation. The link centers around the immune system and the microbiome.

The microbiome, as you probably know, is the ten-dollar word for the balance of bacteria in the intestines. When

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the last 15 years. The journals included: *The Journal of the American Medical Association (JAMA)*, *The Lancet*, and *The New England Journal of Medicine (NEJM)*. The analysis discovered 396 medical reversals: 154 of them in *JAMA*, 129 in *NEJM*, and 113 in *The Lancet*.

Most of the medical reversals occurred in the fields of cardiovascular disease (20%), public health and preventive medicine (12%), and critical care (11%). Specifically, the most common reversals involved medications (33%), procedures (20%), vitamins and supplements (13%), devices (9%), and system interventions (8%).

As the study's senior author, Dr. Vinay Prasad, a hematologist-oncologist and associate professor at the OHSU Knight Cancer Institute, points out, "Once an ineffective practice is established, it may be difficult to convince practitioners to abandon its use. By aiming to test novel treatments rigorously before they become widespread, we can reduce the number of reversals in practice and prevent unnecessary harm to patients." He also adds, "We hope our broad results may serve as a starting point for researchers, policymakers, and payers who wish to have a list of practices that likely offer no net benefit to use in future work."

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the microbiome gets out of balance, inflammation and all of the complications associated with it are the end result. What's pleasantly surprising to me about this research is that the researchers discovered that microbiome imbalances and the resulting inflammation can be reversed simply by the regular use of whole body vibration exercise, such as you get with a Power Plate.

This is the first time anyone has directly connected whole body vibration to an improved metabolism. And they also show that it has this effect because the whole body vibration actually alters the fecal microbiome. Here's what the researchers did.

To do the experiments, they enlisted the help of a group of mice that had been genetically engineered to develop obesity, insulin resistance, and diabetes. They treated some of the mice with 20 minutes of whole body vibration every day for four weeks. The other mice served as controls. Then, after the four weeks, they collected and analyzed the rodents' blood and fat tissue. They were looking to see what the balance was in the blood and fat of M1 and M2 macrophages. Here's why this is important.

Macrophages are immune cells that infiltrate all through our tissues. They are a critical part of our initial detoxification and immune response. And, to do their job, they use inflammation. It turns out that there are two kinds of macrophages that regulate the inflammation response.

One kind is the M1 macrophages. The M1 cells are the ones that increase the inflammation response. The other kind is the M2 cells. As you would guess, these are the cells that have an opposite function. They act to decrease inflammation. The idea is that anything that acts to decrease the M1/M2 ratio is able to shift the body away from inflammation. And that's important because as the authors state, "Chronic inflammation is a major contributing factor to the initiation and progression of most metabolic and cardiovascular diseases." Here's what happened.

At the beginning of the study, all of the mice had an M1/M2 ratio that was double what normal mice have. This indicates excessive inflammation in all the mice as would be expected since they were genetically programmed that way. But, the whole body vibration changed all that. The M1/M2 ratio in both the blood and the tissues of the mice who received regular whole body vibration completely returned to normal levels. Compare that to the mice who were deprived of the whole body vibration. They continued to have an elevated M1/M2 ratio, and went on to develop diabetes.

“OK,” you might say, “that’s great for little furry creatures, but what about bigger two-legged animals?”

The authors go on to point out that human studies have already shown that whole body vibration has a general anti-inflammatory effect, and can reverse many symptoms of type-2 diabetes mellitus, such as excessive thirst and urination. According to the authors, it also “significantly improves glucose metabolism measured by a glucose tolerance test and hemoglobin A1C.”

They further report that recent studies have shown that whole body vibration decreases fatty liver by a whopping 300%! But, how does whole body vibration work all of these wonders? That’s what completely surprised me. It did it by altering the microbiome.

The experiments were able to detect significant changes in the microbiome resulting from whole body vibration. A crucial finding was an amazing 17-fold increase in a particular intestinal bacterium that plays a key role in blood sugar control and inflammation. The bacterium goes by the name of *Alistipes*. The researchers explained that one way that *Alistipes* helps to prevent diabetes is by fermenting the food in the intestines. This has the effect of improving overall metabolism in general. It also acts to decrease insulin resistance. But, that’s not all the bacterium does.

Alistipes also raises the levels of several short-chain fatty acids in the intestines that decrease intestinal inflammation. Among the short-chain fatty acids that *Alistipes* bacteria help increase is butyrate, a metabolite of dietary fiber. This explains previous research that found that patients with Crohn’s and other inflammatory bowel diseases have low levels of *Alistipes*. Of course, the implication is that whole body vibration, by dramatically increasing the levels of *Alistipes*, can treat these intestinal diseases. To me, these findings are not only unexpected, they are astounding!

By altering the microbiome, the researchers proved that whole body vibration skewed the macrophage polarization in the blood, the tissues, and the intestines toward anti-inflammatory M2 cells and away from the pro-inflammatory M1 cells. As the authors put it,

“This is the first study to report a documented potential cross talk between microbiome and innate immunity through macrophage polarization mediated by whole body vibration.” They then go on to describe a self-perpetuating, vicious cycle that many people find themselves in. The cycle goes like this:

Metabolic dysregulation caused by the lifestyle

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Co-lead study author Alyson Haslam, PhD, who is also affiliated with the OHSU Knight Cancer Institute, said “Taken together, we hope our findings will help push medical professionals to evaluate their own practices critically and demand high-quality research before adopting a new practice in [the] future, especially for those that are more expensive and/or aggressive than the current standard of care.”

I don’t like to talk about it, but there’s so much money involved in medical care in the United States that there’s not surprisingly a very significant amount of fraudulent and insufficient research. Anything to make a buck applies to medical research just as much as it does in any other field. This is why doctors need to be skeptical about supposedly new and improved medicines and procedures that are more expensive than the ones currently used. Safety first. And safety only comes with time. If your doctor wants to prescribe a new and supposedly improved treatment or medication, ask him if there is a time tested, proven treatment instead.

Herrera-Perez D, Haslam A, et al.

Meta-Research: A comprehensive review of randomized clinical trials in three medical journals reveals 396 medical reversals. *eLife* online journal, June 11, 2019. <https://doi.org/10.7554/eLife.45183.001>.

Hundreds of current medical practices may be ineffective by Ana Sandoiu. www.medicalnewstoday.com. Published Saturday 15 June 2019

Is Sugar Really Causing Cancer?

By now, everyone knows (except perhaps most oncologists) that eating sugar increases cancer growth. But, how does it do that?

Recently, researchers at Weill Cornell Medicine in New York stressed the important links between sugar levels, insulin, and many forms of cancer. The team leader is Dr. Lewis Cantley, an eminent cancer researcher whose ground-breaking work in this field began in the 1980s with

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his discovery of an enzyme known as phosphoinositide 3-kinase (PI3K). Since then, PI3K has been implicated in as many as 80% of cancers and is called a “master switch” by many scientists.

The action of PI3K in cancer is to increase the growth-stimulating effect of sugars and insulin. This allows the sugar-addicted cancer cells to take up more sugar, allowing the tumor to grow more effectively. This corresponds to the known link between high insulin levels, type-2 diabetes, and cancer.

In their paper, published in the journal *Nature*, they concluded that “this insulin feedback can be prevented using dietary or pharmaceutical approaches.” Dr. Cantley and his team have successfully used PI3K inhibitors along with a ketogenic diet to lower insulin levels causing tumors in mice to shrink.

Recent studies have demonstrated that a number of natural products found in plants inhibit the PI3K pathway. Not surprisingly, these substances have potent anticancer properties. Some of the leading natural PI3K inhibitors are curcumin, DIM (diindolylmethane), isoflavones found in soy (genistein and deguelin), quercetin, resveratrol, and tocotrienols.

Dr. Cantley’s work adds to the growing body of evidence showing that carbohydrate restriction through a ketogenic diet along with a diet high in vegetables and the above mentioned supplements is so important for cancer prevention and treatment.

REF: Hopkins BD, Pauli C, et al. Suppression of

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For a complete listing of Dr. Shallenberger’s recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

factors that I address in my book *Bursting With Energy* causes tissue damage by increasing inflammation. The body then responds to the damage by increasing inflammation even more. It does this by shifting M2 cells to M1 cells. Since most people never change the lifestyle factors that were the initial cause of the inflammation, the process continues. The resulting progressively increasing levels of inflammation cause more tissue destruction and even more metabolic dysregulation. What’s the final payoff? According to the researchers, “Sustained inflammation underpins a wide range of diseases from cardiovascular and metabolic dysfunction (e.g., cardiorenal diseases, diabetes), cognitive impairment (e.g., dementia) to several levels of neoplastic-dysplastic transformations (e.g., cancer).”

So, let me sum up this incredible breakthrough paper using the authors own words. “These current findings support the notion that whole body vibration has the potential to alter the microbiome in a way that triggers innate and mucosal immunity to produce anti-inflammatory responses, down-regulating the hyper-inflammatory state and reversing the adverse consequences.” They add that whole body vibration “can be a very affordable and an effective therapeutic modality in the prevention and treatment of many diseases, including diabetes and obesity.”

Here’s an example of one of the feedback letters I have had about Power Plate that speaks to these issues:

“I received my power plate on March 22, 2019. I began to use it daily for five or six minutes starting with flexibility exercises, then stood on the machine six or seven times for 30 seconds on low vibration. The first week I noticed that my back pain was gone and my arthritic knees were less stiff and painful. After two weeks, I saw my heart doctor and my blood pressure had gone down 20 points from 140/80 to 116/65.

“The doctor cut my heart/blood pressure medication in half, and then two weeks later, the same doctor took me totally off of this medication after he read my EKG! My back doctor and my acupuncturist tell me my back is better, I am walking in a straighter position, and my circulation has improved. Furthermore, I am now able to swim 20 to 40 laps without shoulder pain! I love this machine. Thank you for introducing me to this wonderful home model of Power Plate!”

There are many whole body vibration platforms out there, but the Power Plate is certainly the best. It’s the gold standard, and is the one I use every day and

recommend to all my patients. It can cost a little more than cheaper, less efficient forms, but I think the extra expense is well worth it.

And, as this landmark study shows, it might be one of the single most important things we can add to our anti-aging and disease prevention programs. This would be especially true for anyone with an inflammatory bowel disease, diabetes, cardiovascular disease, arthritis, and cancer, and anyone who might be prone to them.

If you'd like to order a Power Plate or get more information, you can contact the company directly at 888-819-4614. Be sure to give them special offer code SO-1019. They can give you all the literature and tell you about all the models they have available. You don't need the most expensive model for most uses. The basics are the same on all the models.

REF: Jack C. Yu, Vanessa L. Hale, et al. Whole Body Vibration-Induced Omental Macrophage Polarization and Fecal Microbiome Modification in a Murine Model. *Int. J. Mol. Sci.* 2019, 20(13), 3125

This 84-Year-Old Man Has the Mitochondrial Function of a 34 Year Old

Most people who are in their 80s have a mitochondrial function that's also in its 80s. When you get older, your whole body gets older, right down to the cells. So it's no surprise that the mitochondria in aging cells don't function like those of someone in their 30s. What would be surprising is to find an 84-year-old man who has the mitochondrial function of a 34 year old.

Well, that perfectly describes one of my patients. Even though Steve, as I'll call him, is going to put 85 candles on his next birthday cake, he still has not yet started to age – amazing! What in the world is he doing that could get that kind of result?

Remember what I have been reporting for years now. The evidence is overwhelming that physiological aging starts when the mitochondria start to fail. For many people this happens in their 30s. For others, it happens later. But, for all of us, it's going to happen sometime. So, what's the deal with Steve?

While Steve has been relatively healthy his whole life, his mitochondria were beginning to show signs of aging when I first saw him. That was nine years ago. At the time, he was disease free. He was taking a blood

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insulin feedback enhances the efficacy of PI3K inhibitors. *Nature*. 2018 Aug;560(7719):499-503.

Why Children With Seizures Need CBD and THC

Happily, despite the “fake news” about the supposed dangers of medical marijuana (also known as medical cannabis), more and more states (31 as of a year ago) have legalized it. This is good news for all of the children in those states who have seizure disorders that are not well controlled with the standard medications. A new study from the University of Saskatchewan, Canada verifies this fact. And I have personally seen the wonders of medical marijuana in these patients.

The researchers treated seven children with severe seizures that were not responding to medication. They gave them increasing doses of a mixture of marijuana consisting of 20 parts of CBD to 1 part THC. CBD is the component of marijuana that does not cause drowsiness. THC is the component of marijuana that causes the “high.” What I have found is that CBD works better for most problems when it's combined with a small amount of THC. And that's exactly what these researchers discovered.

They gave the children a small dose at first (5-6 mg CBD/kg/day), and then gradually increased the dose as needed up to 10-12 mg CBD/kg/day. Here's what happened.

All seven kids tolerated the treatment. And all of them had greater than 50% improvements in seizure frequency and quality of life scores. The authors also discovered that when the CBD is combined with small amounts of THC, not only do the children not get high, but they also have a better response than to pure CBD alone. And, amazingly, half of the children became seizure free!

Dr. Richard Huntsman, lead author of the study, said, “What is really important is that we have been able to dispel in a scientific manner some of the concerns about

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how to dose these products and the possibility of them causing a 'high' in these children. We did this by slowly increasing the dose of cannabis extract in a very tightly regulated manner. We watched the children very closely for side effects and measured blood levels of CBD and THC."

CBD/THC mixtures have incredible medical uses from seizures to insomnia to migraines to cancer. I feel so sorry for people who, through no fault of their own, are refused access to good medical care by ignorant government regulators. If you live in a state that has not yet legalized medical marijuana, please take some time to write to your representatives and help to educate them about studies such as the one above.

Huntsman RJ, Tang-Wail R, et al. Dosage Related Efficacy and Tolerability of Cannabidiol in Children With Treatment-Resistant Epileptic Encephalopathy: Preliminary Results of the CARE-E Study *Front. Neurol.*, 03 July 2019.

Medicinal Cannabis Reduces or Ends Seizures in Children with Severe, Drug-resistant Epilepsy, July 9, 2019 by Kim Stewart. [www.todaypractitioner.com](http://www.today practitioner.com)

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pressure pill, and other than the usual wear and tear symptoms that is typical of a man of 76, he felt and functioned great. His intake form said, "I want to improve my general health." His mitochondrial function was that of the average 48 year old. In fact, the only thing I could find wrong with him was that his thyroid was slightly off. His thyroid blood tests were perfect. But, as I have reported to you many times before, thyroid blood testing is notoriously unable to identify people with age-related thyroid dysfunction. So, I started him on a low dose of thyroid, and gave him an exercise prescription based on his mitochondrial test. But that was not all.

Initial testing showed him to be deficient in growth hormone and testosterone. And to make matters worse, his estrogen levels were sky high. Estrogen is great for women, but high levels are not good for men. They interfere with testosterone, and lead to muscle loss, decreased libido, moodiness, decreased brain function, and "man boobs." Steve confessed that he was having symptoms like this. I explained to him that although these findings were not at all surprising in a 76-year-old man, the good news is that they can be corrected.

When I checked his heavy metals, he tested out quite high in mercury and moderately high in lead. Besides the usual environmental exposure to mercury, Steve had several "silver" dental fillings. These fillings slowly release mercury into the body even decades after they were placed. I also asked him if he was getting flu shots, because they are also loaded with mercury. Fortunately, he had not fallen into that trap.

The high lead was typical. Virtually everyone his age has levels as high or higher. I had him see a biological dentist to have the mercury fillings exchanged for non-toxic fillings. And, I started him on oral chelation therapy with DMSA. DMSA is an excellent chelator for both lead and mercury.

When he came back the following year for his annual mitochondrial testing, we were both happy to see that he was then testing out like a 43 year old. He had gotten a year older chronologically, but he had gotten five years younger from a functional standpoint. It seemed like he was on a roll. But was he?

The following year his mitochondrial testing had significantly declined to the point that he was now testing like a 57 year old. What happened? He continued to feel great. He had been faithful in working his program, and nothing had changed in his life. Nothing that is except one thing – he had gotten a year older.

Not long ago, I reported on a similar case of a man who had great annual mitochondrial test results until he hit his 67th birthday. That man was me. Both cases serve to illustrate two things.

One, the aging process is not necessarily obvious. It can sneak up on you while you're feeling great. Often, you don't even know there's something wrong until you find it out on mitochondrial testing.

Secondly, time takes its toll. Sooner or later it gets you. Sometimes even only one year can make a significant difference. The only way to stay ahead of it is to monitor mitochondrial function on a regular basis. That way, you can be alerted to any changes long before they cause problems.

The other thing to remember is that depending on what's going on in your life, your mitochondrial function can change on a dime. Maybe I was just catching him at a bad time. Or maybe things were starting to unravel. The only way we were going to be able to figure it out was with follow up testing the next year. Using the new data, I set up a different interval training program for Steve. And that brings us to the end of this success story.

The last three years, Steve has consistently tested out like a man in his 30s. I still find it amazing that at his age of 84, he is every bit as functional as he has ever been in his life. And, he doesn't show any signs of stopping! His story is encouraging to all of us who want to live up to my motto – live long and live strong.

I encourage you to be like Steve. Find the closest doctor to you who offers mitochondrial testing, and monitor it on a regular basis. You can find that doctor at www.bioenergytesting.com. If it's great, then you know that what you're doing to slow down the clock is working. If it's not so good, at least you're alerted early on when you can make the appropriate changes.

Looking for an integrative physician near you? These organizations can help:

- American Academy of Ozonotherapy — aaot.us
- American Board of Clinical Metal Toxicology — For a free list, www.abcmto.org.
- International College of Integrative Medicine — www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

This Doctor “Realizes the Craziness” of Vaccines

Here is a very revealing letter that was just posted on the Physicians for Informed Consent (PIC) web forum. PIC is an organization of physicians who recognize the dangers and limitations of vaccines, and believe that giving a vaccine should be a doctor's decision, not a governmental edict. Here's the letter. I slightly shortened the letter, and changed the name and state to avoid any repercussions to this doctor from the regulatory powers that be.

“My name is Smith. I am a cardiologist in Somewhere, USA. I trained at Vanderbilt and Mayo Clinic, MN. My daughter Marsha got her one-year vaccines in January this year and 10 days later she stopped talking, smiling, and interacting with us. I believe she had aseptic meningitis from the MMR. Some things are better, her interaction with us is still not the same. She talks though, and we were told she is intellectually okay. This is how I found your organization. After reading about vaccines (after getting through pages of CDC, major academic institutions, website, etc.), one realizes the craziness.”

This cardiologist then goes on to describe how the AMA is pushing to allow minors in her state to be injected with vaccines without the permission of their parents. If this isn't state mediated intrusion into family matters, I don't know what is. She also describes how these vaccines are now to be given by untrained, non-medical personnel such as pharmacists and nurses without any doctor being involved. By definition, this is dangerous. Why are vaccines the only drugs that pharmacists and nurses can prescribe?

It starts with forced vaccinations, but where does it end? Please support the good work of PIC and contact your governmental representatives regularly about the dangers of governmental intrusion into personal medical treatments. You can contact PIC and learn the truth about what is happening to our rights at: physiciansforinformedconsent.org.

LETTERS

Do You Have a Question for Dr. Shallenberger?

This page is your opportunity. Each month, Dr. Shallenberger tries to answer as many of your questions about health and medicine as he can. It's impossible for him to answer letters personally. And he obviously can't make a diagnosis or prescribe a treatment in these pages – or by mail or email. But if you have a question, please email it to feedback@secondopinionnewsletter.com or mail it to:

Second Opinion Letters

P.O. Box 8051
Norcross, GA 30091-8051

Q. A cat scan revealed a 70% blockage of my right carotid artery. I do not know the blockage material, but would like to know how to safely eliminate it without surgery, or causing a stroke. – *John S., via email*

Dear John,

A 70% blockage of a carotid artery signifies that you probably have an excessive buildup of plaque in all your arteries, not just the carotids. This could lead to all kinds of problems down the line. Here's what I would advise.

Ask your doctor to get a Coronary Calcium Scan. If your calcium score is good, you probably don't have as big a problem as you think. But if it's high (greater than 500), you are especially at risk.

In either event, you should do this. Find a doctor who does Bio-Energy Testing®, and follow his advice regarding the right diet, hormonal, and exercise program. At the same time, if your calcium score is high, get your doctor to order a routine treadmill test to diagnose coronary artery blockage.

If the treadmill is positive, you will need to find a doctor who can give you di-sodium EDTA chelation therapy. Get one treatment every week for 20 weeks, and then continue with a maintenance of one treatment a month for as long as you live. This will guarantee that you never have a problem. You can find the closest Bio-Energy Testing doctor at www.bioenergytesting.com. You can find chelation doctors at www.acam.org.

Q. Does Perfect Amino bypass the kidneys? Can someone with kidney disease take Perfect Amino? My mother is approaching 100 years old and is in a nursing home. Naturally, because of their drug intake over the years, almost everyone in a nursing home has acute kidney disease. The food they get is cafeteria style and I'm sure she's not getting the necessary combination of healthy vitamins. Kidneys are a filtering system. Will taking amino acids orally have to be filtered through the kidneys and, if so, could there be any repercussions, like causing purines or gout, etc.? – *R.G., via email*

Dear R.G.,

The problem that patients with kidney disease have with dietary protein has to do with the breakdown of the kidney glomeruli. The glomeruli act to filter out the proteins so the rest of the kidney does not get exposed to them. But in kidney disease they are less able to do this. The result is that the unfiltered proteins overload the kidneys, specifically the nephrons. This acts to further increase kidney damage. This protein effect was first described more than 60 years ago.

But, here's the good news. Studies show that the special

amino balance in Perfect Amino does not result in any nitrogen in the urine. This means that this amino formula will not further damage the kidneys. Also, it will not be broken down to the purines, which can cause gout. I think your mom will feel much better after taking Perfect Amino. And, you can always check the levels of protein in the urine before and after Perfect Amino just to be sure.

Q. I know an 80-year-old male who had surgery about a year ago on an eye for double vision. He had stroke in that eye during surgery. Now he has small peripheral vision and a neuro-ophthalmologist says the nerve is going dead. Could hyperbaric chamber bring back vision in that eye? He's not a diabetic, has no heart or lung problems, and his blood pressure is excellent. – *Lisa H., via email*

Dear Lisa,

Good thinking! According to the review article referenced below, "There is an increasing body of evidence showing its [hyperbaric oxygen therapy] safety and efficacy in retinal artery occlusion, cystoid macular edema secondary to retinal vein occlusion, scleral thinning and necrosis faced after pterygium surgery, orbital rhino-cerebral mucormycosis, nonhealing corneal edema, and anterior segment ischemia. Its potential to treat some blinding disease has also been pointed out in recent studies." I don't know what all of these conditions are, but I certainly would want to try hyperbaric therapy if I were your friend. Have him show this reference to his eye doctor.

Ogus H, Sobaci G. The Use of Hyperbaric Oxygen Therapy in Ophthalmology. *Survey of Ophthalmology*. Volume 53, Issue 2, March-April 2008, Pages 112-120