

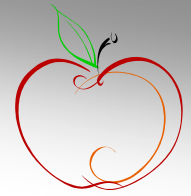


Martin Anthonisen's

PERSONAL HEALTH 101

101 WAYS TO LIVE HEALTHY TO AGE 101

February, 2006



INTRO TO 101 NEWSLETTER

Welcome to the first issue of our newsletter, geared to address health concerns which will affect most of us who are approaching senior status (or who, like myself, have already arrived).

Our focus in Personal Health 101 is on the retired and retiring. "101" will explore areas of health care not often touched upon by the allopathic (traditional medical school) approach, i.e., non-traditional healthcare, more often referred to as alternative, complementary or integrative medicine.

We will question the status quo. Why do we rely upon pharmaceutical companies who often extract from a natural botanical a very small percent of its essence, then reproduce it chemically (artificially) so it can be patented, when natural items – like the plants themselves – cannot receive a patent?

Because of the very nature of drug manufacturing, the testing process to establish both efficacy (effectiveness) and safety has to be both long and expensive. This model, if applied to simple cures from nature, would require the same expensive testing process as these artificially created, patented drugs. Without the patent, there can be no testing and therefore no approval. What this all means is that there is no money (profit) so no one is motivated to absorb the high expense. Conclusion? In the end, it is all about the money.

Whose side are the doctors on...yours

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BIRD FLU, READY OR NOT?

Practice further prevention: Never sneeze into your hands. Sneezing into the elbow area is a good alternative. Try it. Wash your hands even more frequently. Avoid shaking hands, (and even hugging?) Perhaps I went too far...

Enhance your immune system, as best you can. Dr. Bruce West, author of Health Alert, suggests taking (at a minimum) two supplements from Standard Process Labs: Immuplex, three daily for four days and Congaplex, six daily for 12 days, plus one tablespoon of flax or cod liver oil daily as a preventative. If illness sets in, increase Congaplex to two every waking hour for 2-3 full days.

PREVENTING COLDS AND FLU

Facts

More than 50% of American adults catch 3 to 4 colds per year. 10-30% get the flu. To avoid both: wash hands often, especially after contact with a sick person. Note: Colds and flu are viruses, thus anti-bacterial agents are not especially helpful. Be diligent. Go the extra step and use a nail brush.

Colds –The virus is active up to three hours and is transmitted by hand, i.e., touching objects. Flu – is transmitted by air, i.e., from coughs, yawns or even just talking. The virus is active for up to ten minutes. In both cases, use your own towels, tissues (not touched by others), pens, scissors, everything.

Other preventatives; avoid stress, smoking, excessive drinking (more than one drink), as all can lower immune defenses. Modest exercise tends to strengthen the immune system. Flu shots are controversial, but tend to prevent some strains of flu, (it's not an exact science).

Vitamin C and Zinc tend to coat the mucous membranes. Sprays, swabs, etc. can limit the severity of viral activity. Use at first sign of infection.

Medicinal mushrooms have been suggested to boost immune response. A good example is MycoPhyto® Complex, developed by Dr. Isaac Eliaz, MD, to increase NK cell activity. Add bright colored fruit and vegetables to your diet. Avoid "WHITES" Such as sugar, white flour, potatoes and pasta.

Ref. Nan Kathryn Fuchs, PhD



or theirs? Don't blame your physician...when he licensed to practice medicine he agreed to abide by a set of rules and regulations. These usually exclude non-traditional methodologies. Violations could endanger his license or hospital privileges or both

I would expect that many doctors would love to share our enthusiasm with what more holistic MDs are teaching their patients. But, in their defense, they probably have a healthy practice for which they have undoubtedly paid dearly in time, energy and money. They are often put into difficult positions by patients and peers alike and they are not about to compromise all this by taking a position against the medical establishment into an area where they, themselves are perhaps uncomfortable. Finally, they are faced with a very litigious environment (resulting in very high medical malpractice insurance rates).

This brings us full circle to our overriding admonition: you are in charge of your own life, and your own health. Watch what you eat, your exercise regimen, the medicines you ingest, and your lifestyle. Listen to your physician, then make up your own mind. You have but one body, and one life. Please know, I only want the best for you. Thus, my personal commitment to these writings. Remember the very old saying, "Don't shoot the messenger!"

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There are signs, for which we're very grateful, that traditional medicine is beginning to embrace the complimentary approach.

Tips from a prestigious Medical School Newsletter promo include the following:

1. Are there natural cancer fighters? Yes – ginger, green tea and pomegranates contain natural cancer inhibitors.
2. An alcoholic drink a day helps your heart, and may lower the risk of dementia in those over 65. Note: heavy drinking has negative affects for both.
3. St. Johns Wort appears helpful for moderate depression, though not for severe depression.
4. Just one way has been found to truly increase life span-take in fewer calories. (We would add that laughter and forgiveness belong on this list.)
5. Transfats; in cookies, cakes, many snacks and margarines raise bad cholesterol (LDL), and lower good (HDL). (Our tip: Read more labels!)
6. Flavonoids are drastically reduced by decaffeination. If you cannot handle caffeine, try green tea tablets.
7. Macular degeneration prevention ideas 1) cease smoking, 2) use sunglasses, 3) eat spinach and kale, 4) exercise, 5) eat fish and nuts, 6) keep weight in line to avoid diabetes.
8. Red wine may protect against the common cold.
9. Dark chocolate contains flavonoids, much like red wine and green tea...may also lower blood pressure.
10. Add this to causes of obesity – a near 25% gain in risk is added with every two hours of daily television watching.

Ref: Harvard Medical School Letter, pg 1, Feb. '05

Topics to be covered in some depth in our coming issues:

1. Syndrome X, and the diabetes crisis, 2. MSG, a devastating revelation, 3. Exercise, 4. Avoid The Whites, 1/2 the answer for diabetes and weight control, 5. The Food Industry, Your Friend? 6. Pharmaceutical Companies...Drugs for Life?? 7. Why you need Alternative Newsletters, 8. Food and Supplements you should know about.

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