

Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Pull Heavy Metals Out While You Bathe

After last month's story on the Hungarian peat, I was asked about whether or not peat baths might work? It's been known for centuries that natural sulfur springs are healing to many. And in Europe, peat has been used for healing baths for centuries. These baths work because your skin is semi-permeable. When you bathe, compounds in the water can cross into your system.

Each type of bath has different qualities. Epsom salts provide magnesium for skin absorption. Sulfur springs provide detoxifying sulfur compounds. Peat provides humic and fulvic acid for topical chelation. Fulvic acid is another complex organic compound with lots of acid residues, but smaller than humic acid. So it also has lots of chelation potential. When you bathe in it, the chelating compounds in the bath water can pull out metals through your skin.

Further, if the particular peat bath you're using is carrying lots of nutritional minerals, these will be available for absorption into your skin. Your body will actually exchange toxic heavy metals (which the peat pulls out) for the nutritional metals.

There are many different peat-bath formulas on the market. Check with your local health food store or on the Internet.

Lower Your Homocysteine Without Supplements

You may know that high homocysteine levels are a powerful risk factor for heart

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New Antioxidant Fights Heart Disease, Lowers Cholesterol, and Beats Viagra

I've brought you some powerful healing information in the past year. But this month takes the cake. It even blew me away when I first learned about it. You see, researchers have discovered a new antioxidant that's many times more powerful than anything else you may be taking.

This new wonder from the sea could transform almost all of your health problems. It has the power to reverse heart disease and osteoporosis. I've seen incredible testimonials on cancer. And there are many studies on its effectiveness for everything from fibromyalgia to diabetes, dementia, and much, much more.

You may remember some of the evidence I've shown you through the years of the effectiveness of flavonoids. Flavonoids are a well-known class of plant-made chemicals that act as antioxidants. We also call them polyphenols.

You already know how important antioxidants are to your health. The power of an antioxidant rests in its structure, which is made up of rings. Nature puts rings together for many different purposes. Polyphenols use the rings to capture stray electrons from free radicals. So the more rings a polyphenol has, the better it works.

Most flavonoids have three interconnected rings. Catechins from green tea have four. But the ring structure of all these pales in comparison to this newly discovered polyphenol called Seanol. And it has up to *eight* interconnected rings.

That makes the Seanol molecule a veritable electron (i.e., free radical) trapping machine! These molecules beat

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attacks. And you also may know that you can lower homocysteine with vitamin B12, folate, and vitamin B6.

But now there's an even better way to lower your levels than with supplements. And it's likely you have it sitting in your kitchen cabinet.

In a study of 232 women 70 and older, researchers found that polyphenols (powerful plant chemicals, often called antioxidants) lower homocysteine. And these particular polyphenols are most abundant in tea.

The researchers found that women who drink more than two cups of tea a day reduced their homocysteine by 1.0 mmol/L. This is a significant decrease.

What's more interesting is that the tea intake did not influence the levels of folate in your blood. This strongly suggests that there's an unknown alternate way to lower homocysteine that we never knew existed until now.

This is exciting news for me. You know I am a big fan of the polyphenols in tea. I had no idea they might lower homocysteine. While I like green tea the best, black tea is also loaded with polyphenols. Make sure any tea you choose is organic. And drink as much of it as you like.

Ref: Hodgson J.M., A. Devine, et al. "Drinking tea is associated with lower plasma total homocysteine in older women," *Asia Pac J Clin Nutr*; 2006; 15(2): 253-8.

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the free-radical scavenging ability of most polyphenols by 10-100 times. That means they far outshine even the extremely powerful green tea catechins.

The name "Seanol" comes from the source of the compounds — the sea. We find these compounds in several red and brown algae, in particular cava Ecklonia. This seaweed grows at a depth of about 100 feet.

This fact gives Seanol another major difference from the other polyphenols. Virtually all polyphenols from land sources are water-soluble. Water-soluble polyphenols have a short half-life in your body. Water-soluble compounds also have less ability to penetrate your blood brain barrier. Seanol compounds are 40% fat-soluble. This means they have a greater ability to get into your brain and protect it.

Like fat-soluble vitamins (such as vitamins A and D), it also means a much longer half-life in your body. The half-life of Seanol compounds is up to 12 hours compared to 30 minutes for water-soluble polyphenols.

Dr. Haengwoo Lee, a Korean biochemist now living near Seattle, Washington, found this difference makes Seanol much more effective in its treatment ability. He and his team of PhDs and MDs have researched the properties of Seanol compounds for the past 14 years. And they have the resources, with more than \$30 million of public and private funding, to do highly credible work. Their research has included test-tube experiments, animal models, and now more than seven human trials. I'm amazed at the stunning results his team of scientists has found.

First, consider safety. The team hasn't found any toxicity at any level. In a fibromyalgia study, there were some cases of diarrhea. But the patients already had a pre-existing tendency for the same. However, the Seanol supplement they used also contained magnesium, which can stimulate diarrhea. Researchers in Korea conducted the animal studies needed to register Seanol as a safe food substance with their FDA. They found no toxicity.

Now that you understand how Seanol works and how safe it is, let's look at how it effectively works on so many health problems.

Starting with your heart, Seanol can work wonders with vascular disease or hypertension. One of the big causes of both of these could be thick blood. There's a special protein in your blood that dissolves unwanted clots. We call it plasmin. Unfortunately, many people have inhibitors (called antiplasmin) of this protein. That could be due to genetics, excess weight, toxins, diet, and more.

Seanol compounds block antiplasmin. That can fix a tendency toward clots and thick blood!

PT is a common measure of thickness of your blood. A higher PT means thinner blood. If you're taking coumadin (rat poison), your doctors will definitely be following your PT to make sure your blood is not too thin. But Seanol naturally thins your blood without danger of thinning it too much. One study on Seanol compounds found a small but significant rise in the PT and a fall in fibrinogen levels. Fibrinogen is the precursor protein to a clot. Generally, a lower fibrinogen level means less inflammation and a normal clotting system. Just this effect alone will have profound favorable effects on all circulatory and inflammatory diseases!

If you have hypertension, it's likely your doctor tried to put you on the popular ACE inhibitors. ACE inhibitors block a kidney enzyme system than can generate hypertension. Seanol compounds can potently suppress your ACE similar to the drug (enalapril) Vasotec, but better. When researchers gave rats the drug, they had rebound hypertension after stopping the drug. Seanol rats did not!

Inflamed blood vessels near your nerves will often cause nerve pain (neuropathy). Researchers recently studied Seanol on 40 patients with neuropathy. It reduced the nerve pain by a stunning 40% in just four weeks. And 80% of the patients responded favorably. (I'll have more on how this incredible nutrient helps diabetes next month.)

Seanol also helps improve coronary artery disease (CAD). As a reader of *Second Opinion*, you may know that coronary disease is not due to cholesterol, as the statin peddlers want you to believe. Damage done to your arterial walls is determined more by how your body handles cholesterol than by the cholesterol itself. You don't want your LDL cholesterol to oxidize. When it does, it will definitely damage your arteries.

Researchers discovered that Seanol is more potent at inhibiting the oxidation of LDL than green tea catechins! It can actually scrub the plaque off your endothelial lining. And it can reduce vascular inflammation.

So it stands to reason that Seanol would protect you from cholesterol and it lowers it, too. Look at these results: Researchers gave 39 adults (average age 55.6) 100 mg Seanol compounds for six weeks. Their average cholesterol dropped from 228 to 224. LDL dropped from 141 to 135. The hard-to-raise HDL rose from 46.5 to 50.7 (highly significant). Triglycerides fell from 215 to 195. And the atherogenic

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Stop the Damage Done by Pesticides Instantly

I'm often asked if organic diets really do any good. After all, I'm constantly urging you in that direction. Is there really any scientific evidence to support what I've seen in my practice?

The Rollins School of Public Health in Atlanta, Georgia studied 23 elementary school-aged children. Researchers measured their urine twice daily for two common pesticides, malathion and chlorpyrifos. These belong to the common pesticide class known as organophosphates.

On a conventional diet for four days, their urine had measurable amounts of the chemicals. For the next four days, the kids went on an organic diet. Immediately, levels of the two chemicals dropped to undetectable. When the conventional diet was reintroduced on day 9, the pesticide levels rose to measurable levels again.

This study again confirms the value of an organic diet. Your levels of toxic chemicals can drop immediately. While this study didn't look at illness caused by the pesticides, both chemicals are known to cause neurological defects in both humans and animals. Remember, I told you that pesticides are linked to Parkinson's disease? Simply eating organic might be a way to protect you from this dreaded malady. And the protection begins immediately!

Ref: Lu, C., K. Toepel, et al. "Organic diets significantly lower children's dietary exposure to organophosphorus pesticides," *Environ Health Perspect.*, 2006; 114(2): 260-3.

NSAID/Heart Disease Connection Worse Than Reported

We discussed last month how all non-steroidal anti-inflammatory drugs (NSAIDs) cause heart disease. But a new study shows that the danger is even worse than we thought.

The British Medical Journal just reported that cox-1 inhibitors increase

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your risk 42%. But if you take high dose ibuprofen, a cox-1 inhibitor, your risk is increased 51%. If you're taking diclofenac, your increased risk shoots up to 63%. These numbers are far worse than the California study I told you about last month.

The drug companies pushed the cox-2 drugs on us saying they were safer for your stomach than cox-1 drugs. It's been proven that after several months' use, the difference in risk to your stomach is negligible. And the risk to your heart is almost identical.

Action to take: Avoid all painkillers except narcotics. The NSAID drugs have no place in my book for therapy. Narcotics, at least, are natural to the planet (though a few have some synthetics among their ingredients). Your best option for pain medicine is natural anti-inflammatories, such as curcumin, ginger, boswelvia, and proteolytic enzymes (like Wobenzym). For arthritis, I really like Healthy Resolve's Advanced Joint Support. Natural remedies not only will reduce your pain, but also will reduce your risk of heart disease.

Ref: *British Medical Journal*, June 3, 2006, Vol. 332, No. 7533: 1302-1308; BBC News, June 2, 2006.

Antibacterial Soaps Threaten Your Health

Wow, even the ivory towers are admitting there's a problem with antibacterial soaps. They're a little later than my warnings to you years ago, but their comments are pertinent.

About 75% of potent bacteria-killing chemicals that you use survive treatment

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index (a key atherosclerosis score) dropped a whopping 12.5%. All this with no lifestyle changes! (And remember that Seanol blocks oxidation of the "bad" LDL cholesterol.)

How can Seanol work so well? A human study showed that Seanol can regenerate your all-important vascular endothelium. These cells are the critical inner lining of your blood vessels. They generate the chemical nitric oxide (NO), which keeps the arterial wall relaxed and dilated. In one study, CAD patients were given Seanol for six weeks. Then the researchers measured blood flow controlled by NO. Flow increased 50-60%. This suggests Seanol can rejuvenate damaged endothelial cells to make NO.

How important is NO? You know that Viagra works by increasing NO in the penile artery. Scientists studied 31 men with erectile dysfunction for over six months. They compared eight weeks of Seanol use to Viagra. They looked at: orgasmic function, intercourse satisfaction, overall satisfaction, and erectile dysfunction. Over those eight weeks, Seanol scored 87%, 74%, 62%, and 66% respectively. Viagra scored 27%, 44%, 39%, and 66% respectively. No side effects were reported with Seanol. Seanol soundly beat Viagra at its own game! That strongly supports Seanol's optimization of NO.

Because Seanol improves blood flow so well, it makes sense that it would improve your memory. Eight million Americans are believed to have "mild" cognitive decline. All the approved drugs are highly toxic. So it's vital for you to find powerful nutrients that can get into your brain and help it work more efficiently. I've already shown you how Seanol can cross over the blood-brain barrier. Now let's see how Seanol works once it's in there.

Memory is dependent on the neurotransmitter acetylcholine (ACh). Seanol increased rodent ACh by 140% in brain regions responsible for learning and memory. And it did this after just seven days administration! Seanol compounds can easily neutralize the neurotoxic free-radical peroxynitrite. But its power is even more fantastic than that.

NIH scientists at aging research labs in Baltimore studied Seanol in rats. They found it inhibits beta-amyloid deposition in their brains. That's the nasty stuff that accumulates in Alzheimer's brains. These rats also learned maze challenges faster. That shows improvement in short-term memory, so vulnerable in cognitive decline.

Your carotid arteries feed your brain. Dr. Lee's group found that Seanol can increase the velocity of blood flow

in this important artery from an average of 36.68 cm/sec. to 40.09 cm/sec. The placebo showed no improvement. An EEG study on brain waves on healthy middle-age volunteers found that Seanol compounds increase alpha waves. Alpha waves are an indicator of relaxation. So this is a good indication that Seanol is relaxing the blood vessels and balancing your brain's activity.

And yet another study found that Seanol compounds prevented sleepiness in bus drivers and in high school students during daytime activities. Again, this is likely due to increased blood flow and oxygen delivery.

Obviously, Seanol is an incredible nutrient. But there's so much more. Next month, I'll show you how Seanol can help with diabetes, allergies and lung disease, cholesterol metabolism, arthritis, and fibromyalgia. Yes, this is one nutrient that can do it all. My favorite brand of Seanol is FibroBoost. At my urging, we are adding it to the Healthy Resolve product line. A bottle costs \$69 plus shipping and handling. You can order it by calling 800-728-2288.

How to Keep Prostate Cancer From Growing Twice as Fast

If you are as concerned about cancer, especially prostate, as I am, this information is big news. It confirms much of what I have been telling you about fatty acids and prostate cancer for the last five years. The omega-3 and omega-6 fatty acids (commonly called essential fatty acids — EFA — since our bodies cannot manufacture them) must be kept in ideal balance for ideal health and cancer prevention. A recent study showed how prostate cancer will actually grow twice as fast if your body's ratio of omega-6 to omega-3 fatty acids is out of balance.

In the study, researchers added omega-6 fatty acids to the growth medium of prostate cancer cells. The cancer cells then grew twice as fast. Earlier work by the same team found that a particular omega-6 fatty acid called arachidonic acid stimulated production of an enzyme called (cPLA-2). This enzyme caused a chain of biochemical reactions that led to tumor growth.

The researchers then followed this finding upstream. They discovered that the raw material for arachidonic acid is commonly found in corn or soy oil and increases the enzyme PI-3 kinase.

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at water treatment plants. From there, the chemicals are spread on farm fields and used as drinking water. An estimated 200 tons of two compounds, triclocarban and triclosan, are applied to American farm fields each year.

You'll find these chemicals in about 1,500 new antibacterial consumer products from dishwashing soaps to antibacterial cutting boards.

Triclocarban is found in antibacterial bar soaps and even toothpastes and baby toys. It breaks down slowly. It is "potentially problematic" since it is accumulating in soil and perhaps your drinking water, says JHU assistant professor Rolf Halden. He has expressed alarm that this compound has built up in the environment for almost 50 years. "We don't know what happens to it."

Triclosan is even more abundant. It is in liquid soaps. Scientists have found it in human breast milk and even fish in Europe. These two chemicals are considered safe for human contact. The problem is that the chemicals can react with chlorine in drinking water. They can turn to chloroform and dioxins linked to cancer. They also can kill beneficial microbes, or promote new pathogens resistant to antibiotics. These are among the most prevalent contaminants in the waterways today. Now we're finding it on our farmland via sewage sludge. From there, it gets into our rivers to react with chlorine. Then it's on to your faucet for you to drink.

It bewilders me the number of chemicals pushed on the American public. Why hasn't the average American wondered why super bugs didn't eat us up before the advent of these chemicals? That we are here should prove there's no need for antibacterial soaps under any circumstances. But it does make tons of money for the soap and chemical industries!

Please stop using antibacterial products. They do no good for you, and may harm people downstream from you. And they will even show up in your food. Protect

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yourself from water contaminants with a reverse osmosis water filter (888-682-7547). The best soap is the simplest. I like Dr. Bronner's Peppermint Castile soap the best.

Ref: *Los Angeles Times*, May 10, 2006.

Congress' Subtle Move Against Supplements

A bill working its way through Congress could be the first step in dismantling your rights to access supplements. The bill (S.3546) is well intended. It would require the reporting of "serious" adverse reactions to supplements to the FDA. It sounds good. But is it?

The FDA is already in shambles. Vioxx tells the story. Considering the extremely rare adverse event to supplements, it will be more likely that a perceived bad reaction is actually due to a drug the patient might be taking. You can be sure that the FDA will take out a supplement long before moving against a drug.

This bill will divert dwindling FDA action away from where it should be focused — on the dangerous drug-company products — and onto supplements. I believe this bill is another classic example of the

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The study's lead author is Millie Hughes-Fulford, PhD. She is the scientific advisor to the U.S. Under-Secretary for Health for the Department of Veterans Affairs. She said that PI-3 kinase is known to be a key player in cancer's development. Omega-6 oils are the raw material for arachidonic acid and, therefore, the stimulus for both enzymes. Dr. Hughes-Fulford noted that the typical American diet may be as much as 20:1 omega-6:omega-3. This is five times greater than the ideal balance of 4:1, which is what I advocate.

I have previously told you that analyses of prostate cancer have demonstrated excess omega 6:omega 3. All of this tells me that your intake of fat has a direct impact on your future development of prostate cancer. And I assure you that all cancer development will be similarly affected.

But it goes far further than that. This research shows that the omega-6 line promotes inflammation that can lead to the cancer. Adding an anti-inflammatory drug stopped the genetic pathways and stopped the tumor growth. Hmmm, I've said for years that the ideal anti-inflammatory is not a drug, but omega-3 fatty acids! They provide the proper balance to the omega-6s and keep them in check.

It's absolutely vital that you keep your fat intake as balanced as you can, and avoid corn and soy oil. There are enough fats contained in whole foods and these are generally in the right balance. Green leafy vegetables are rich in omega-3 fatty acids, believe it or not. You'll also get abundant omega-3 in walnuts, flaxseeds, and hemp seeds. I grind a tablespoon of flaxseeds every night and add it to my salad. Most American beef has far too much omega-6 from feeding grain (like corn) to cattle to fatten them. Grass-fed beef will be richer in omega-3, since grass is a green leafy vegetable for cows.

If you must use oil, limit it to olive, macadamia nut, coconut oil, or flax oil. But don't cook with flax oil. It's too unstable. (I use only extra virgin organic olive oil and organic flax oil in my homemade salad dressing.)

Ref: *Cancer Research*, February. 1, 2006.

The Citrus Fruit Every Diabetic Should Eat

Most doctors tell diabetics to avoid citrus fruit because it causes blood sugar problems. But there's one citrus fruit I think all diabetics should include in their

diet. Not only does it reduce your blood sugar, it can also help you lose weight.

A recent study proves this. Researchers at the prestigious Scripps Institute in La Jolla, CA divided 91 obese volunteers into several groups. Each group ingested one-half raw grapefruit, eight ounces grapefruit juice, grapefruit capsules, or a placebo. They took the capsules and the placebo with apple juice — a non-citrus fruit juice.

Each group took their treatment three times daily before each meal. After 123 weeks, all of the volunteers in the grapefruit groups experienced weight loss. The most weight loss was in fresh grapefruit use, followed by grapefruit juice, and then capsules. The placebo group had insignificant weight loss. But most importantly, subjects in the fresh grapefruit group had lower glucose and insulin levels. Insulin resistance, a serious marker for future disease, also improved.

The researchers didn't give an explanation for why the grapefruit works, other than its ability to help lower blood sugar and insulin levels. But I suspect there's a lot more to it than that.

We know that vinegar helps with glucose intolerance and metabolic syndrome. Grapefruit is similar to vinegar in that both contain organic acids. These acids act as tiny fatty acids that are very easy for your body to burn. When they enter your stomach, they slow your body's digestion of carbs. The result is lower blood sugar.

This is great news because I like grapefruit a lot more than vinegar. I'm sure you do too. Eating grapefruit to lose weight was considered an old wives' tale. But now we see that it's really an effective folk remedy. Fresh grapefruit and grapefruit juice are bursting with vitamin C, bioflavonoids, and other nutrients. I recommend you eat or drink it whenever you can.

Ref: Fujioka K, F. Greenway, et al. "The effects of grapefruit on weight and insulin resistance: relationship to the metabolic syndrome," *J Med Food*, 2006; 9(1): 49-54.

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Feds wasting money to allegedly protect you. But in this case, from what? A risk so small it's ridiculous, especially when you compare it to millions who are injured from drugs.

Supplements could easily be blamed for reactions that were really due to pharmaceutical drugs, recreational drugs, genetic sensitivities, food intolerances, alcohol abuse, etc. In fact, you should report a bad reaction you have to any drug or supplement to your health care provider. It simply could be an allergic reaction to a supplement. That's a personal issue, not an issue for FDA enforcement. It's essential that a healthcare professional determine what happened to prevent needless blame pointed toward the wrong substance.

We need your help to stop this bill. Please go to the website http://ga4.org/campaign/AER_bill. All you have to do is fill out the information on the right side of the page and press the "Send This Message" button. The website will make sure the information is sent directly to your representative. Please do this as soon as you can. It's very important if you want to keep your supplements.

Coming Next Month...

- If you have kidney stones, there's a simple at-home remedy that can dissolve the stone and relieve your pain. I'll tell you what it is.
- The common nutrient that can lower insulin resistance and reduce your risk of diabetes.
- Avoid vaccines and still protect yourself against influenza, colds, and many other ailments. This simple do-it-yourself treatment makes you less likely to catch any airborne bug.

LETTERS

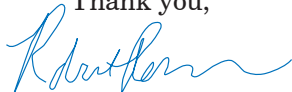
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

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If you're interested in a personal phone consultation with Dr. Rowen, please call 1-707-570-2145 (10:00 a.m. - 4:00 p.m. PST, Mon.-Thurs.) for a schedule and rates.

Q: Many of the published reports indicate that wine is good for you. But you seem to think it's not. Why is that? — *B.P., via e-mail*

A: I do think wine has its value. But most of the studies that say it's good for you aren't very convincing. Just because a drug or substance is studied and reported to reduce a medical problem, that does not translate into improvement in life, quality of life, or longevity. And some of the more recent studies agree with me.

One study, for instance, followed men who took up regular drinking in mid-life (switching from a few drinks per month to one to two drinks per day). And guess what they found? The men were, indeed, less likely to have a heart attack than teetotalers. However, they were more likely to die of other illnesses, such as cancer.

Like the milk industry, which falsely promotes the "benefits" of milk on osteoporosis (commercial milk actually encourages osteo-

porosis), I suspect the wine industry is behind some of the studies that promote alcohol as healthy.

Action to take: Under no circumstances should anyone regularly consume more than one drink per day. I'm not even sure if the French Paradox — the fact that the French eat lots more saturated fat than Americans yet have less heart disease — is accurate. It's likely the French have fewer heart attacks because they consume fewer omega-6 fatty acids as compared to Americans. I doubt it has much to do with their wine consumption.

If you are going to drink, I suggest you stick with wine, with its bioflavonoid content, or a high-quality microbrew beer. Their nutritional properties far exceed those of distilled spirits.

Q: My cholesterol is down under 200, but my doctor wants to put me on statins to drive it below 180. You've told us about the side effects of statins. But is a cholesterol level that low really that good for my heart? — *E.S., via e-mail*

A: Well, it might be good for your heart, which is debatable, but it might kill you in other ways. Researchers from Canada recently pulled statistical data from suicide deaths. After adjusting for age and sex, they discovered that people in the lowest quartile of cholesterol levels had six times the risk of suicide as those in the highest quartile. The next lowest quartile had a nearly threefold increased risk. These data indicate that low serum total cholesterol level is associated with an increased risk of suicide.

By the way, if you're tempted to try the statins, here's another reason to resist. I have a physician friend who heads a leading antiaging clinic in Arizona. His clinic regularly uses statins. He privately admitted to me that though there

are fewer cardiac deaths from the statin drugs, the overall death rate is unchanged with their use. So instead of going for the statins, go natural with Healthy Resolve's Advanced Cholesterol Formula (800-728-2288).

Ref: *Epidemiology*, 2001 March;12:168-72.

Q: I've got emphysema and my doctor has recommended surgery. I've never heard of surgery for emphysema. What should I do? — *S.L., via e-mail*

A: In spite of little evidence that this extremely expensive surgery ever worked, its use was rapidly spreading across the country. That is until researchers had to end a study several years ago because of disastrous results. The surgery involves removing the most diseased sections of lung on the theory that the patient will fare better with less, but healthier lung tissue. The latest findings revealed 11 of 69 surgery patients died within the first month. Those who did survive showed little improvement. The control group didn't see any deaths. If alternative doctors caused even a fraction of mortality with their treatments, you can be sure they wouldn't be in practice for long.

Instead of surgery, I suggest you try some therapies that are designed to increase the function of the lung tissue already sitting in your chest. Hydrogen peroxide has done wonders for my patients. Chelation therapy is also beneficial. And multistep oxygen therapy is a great way to treat yourself at home with the oxygen tank you already have (please have your doctor clear you for this treatment before starting). Before you consider any surgery not necessary for urgent life saving, seek alternative opinions from a professional who doesn't have a vested interest in performing surgery.