



Vaccinations: The Destruction of Our Country

The forced toxification of our children with multiple vaccines is Armageddon—the struggle between good and evil. The stakes are high. This is not a movie. Evil is winning.

The forced childhood vaccination program endured by American families is, in my opinion, the single greatest threat this country has ever faced. This program is destroying our most valuable assets, our children. Because of the damage already done, millions of them will be unable to work, marry, or raise families of their own.

This nightmare has nothing to do with medical science, good or bad. It's the result of a breakdown in the checks and balances of our government and a suspension of what we Americans value most, our individual freedoms. There is a solution—but first, the problem.

Vaccines Cause Autism

In any human community, if a child is reported missing, everyone immediately joins in the search. Men and women, like all mammals, are genetically endowed with powerful intrinsic urges to protect and guard our young.

But what happens when a child is missing, yet his or her body remains at home? That's as good a description of autism as any other. And what do you do when you realize that millions

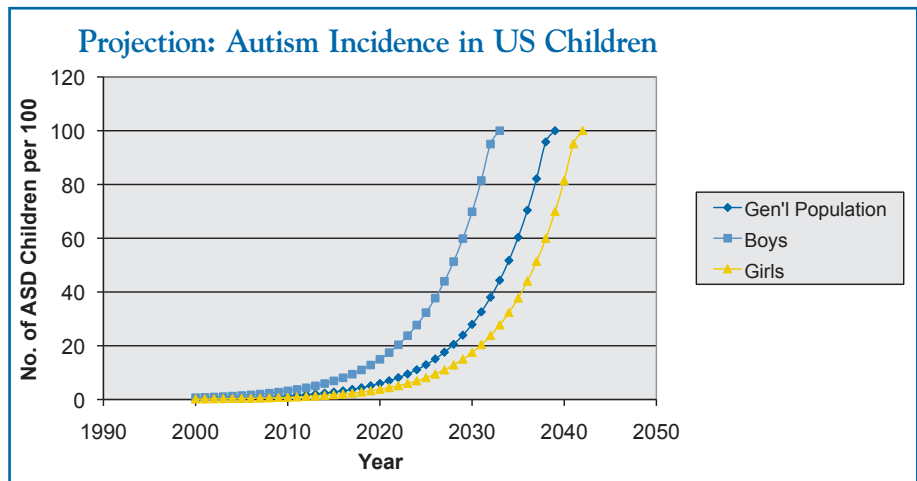
of children have disappeared into the abyss of autism, leaving their bodies behind?

Folks, autism is not a disease or a developmental disorder. It is diffuse, severe brain damage caused almost exclusively by conglomerates of toxic substances put into vaccines and injected into pregnant women, newborns, infants, children, and adolescents.

Autism Rates Have Soared

Fifty years ago, autism was identified in only 1 in 10,000 kids. And in the early 1980s, the rates ranged from 1 in 3,000 to 1 in 5,000. In 2007, according to a large US Department of Health and Human Services survey, it was 1 in 91, and among children of active

continued on page 3



The projected incidence of autism and autism spectrum disorder (ASD) based on current statistics. Graph courtesy of Shawn Siegel.

Inside This Issue

- Vaccinations: The Destruction of Our Country 1
- Dear Reader 2
- Dear Dr. Whitaker 4
- Weight Loss for Hot Flashes 4
- Works for Me. 5
- Olive Oil for Stroke Prevention 5
- Goodbye Neuropathy 7
- Wellness Medicine. 8

Health & Healing

YOUR DEFINITIVE GUIDE TO WELLNESS MEDICINE

Julian Whitaker, MD,

has practiced medicine for more than 35 years, after receiving degrees from Dartmouth College and Emory University. Dr. Whitaker has long been an advocate of living a healthy life. Dr. Whitaker is compensated on the sales of the supplements he formulates for Forward Nutrition, a division of Doctors' Preferred, LLC. He is not compensated for other companies' products that he recommends in this newsletter. He is the author of 13 health books including: *The Whitaker Wellness Weight Loss Program*, *Reversing Hypertension*, *The Memory Solution*, *Shed 10 Years in 10 Weeks*, *The Pain Relief Breakthrough*, *Reversing Heart Disease*, *Reversing Diabetes*, and *Dr. Whitaker's Guide to Natural Healing*.

Dr. Julian Whitaker's Health & Healing® (ISSN 1057-9273) is published monthly by Healthy Directions, LLC, 7811 Montrose Road, Potomac, MD 20854-3394, telephone 800-539-8219. Please write to us at 700 Indian Springs Drive, Lancaster, PA 17601, or call if you have a question concerning your subscription. Periodicals postage paid at Rockville, MD and additional mailing offices. Postmaster: Send address changes to *Dr. Julian Whitaker's Health & Healing*, 700 Indian Springs Drive, Lancaster, PA 17601.

Author: Julian Whitaker, MD
Research Editor: Peggy Dace
Managing Editor: Jennifer Myers
Associate Research Editor: Ryann Smith Groseclose

© Copyright 2011, Healthy Directions, LLC. Photocopying, reproduction, or quotation strictly prohibited without written permission of the publisher. Subscription: \$69.99 per year. *Dr. Julian Whitaker's Health & Healing* is dedicated to providing timely, accurate information by drawing on Dr. Whitaker's expert opinion and experience. *Dr. Julian Whitaker's Health & Healing* cannot offer medical services; we encourage our readers to seek advice from competent medical professionals for their personal health needs. Dr. Whitaker will respond in the newsletter to questions of general interest.

Dear Reader,

Have you ever been to a widely publicized debate between two adversaries where only one of them showed up?

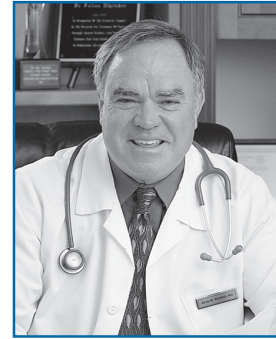
Well, I have. I was all set to debate Steven Novella, MD, from Yale University School of Medicine at FreedomFest in Las Vegas in mid-July. We were to argue the pros and cons of the mandated vaccine program that Americans have endured for years. But Dr. Novella simply didn't show, and I was left to present my point of view: strong opposition to this nonsense, as you'll read in the first story. I had looked forward to the debate, but at least I was able to tell the hundreds of people in the audience about the horrific damage vaccines are inflicting on our children—and that is hardly debatable.

There's another very important and time-sensitive issue you need to know about. The Food and Drug Administration (FDA) is threatening to remove resveratrol, curcumin, ubiquinol, and all other nutritional supplements introduced since 1994 from the market unless they undergo a ridiculous new approval process. Don't be fooled by talk of "protecting the public." This is a ploy for Big Pharma to step in, turn supplements into drugs, and sell them for 10–20 times what you're now paying. Folks, this is the greatest threat to our access to nutritional supplements in nearly 20 years! And unless we act swiftly, they'll get away with it, and you'll be left holding an empty bottle.

Please read the enclosed special supplement, and let's work together to strike this illegal action down. I'm not sitting back and asking you to do all the work. I am personally donating substantial time and money to save our supplements, not only because they're valuable therapies, but because this bureaucratic end run around the law is just plain despotic.

To your health,

Julian Whitaker MD



Julian Whitaker, MD

America's Wellness Doctor

Director of the Whitaker Wellness Institute, Newport Beach, California

Health & Healing Has a New Look!

I'm sure you've noticed we've given the newsletter a face lift. What do you think? Personally, I love it! In addition to a new type face and colors, we've expanded some of your favorite features, and added a couple of new ones, including information from my blog and Facebook page. You can find these new additions on pages 4–5, in an area I'm calling my "Health & Healing Community." I look forward to hearing your thoughts. Send your feedback to drwhitakerquestions@drwhitaker.com or call 800-539-8219.

Vaccines (continued from page 1)

military personnel, it's 1 in 88! To date, there are at least two and a half million autistic children in this country, and the number of students enrolled in special education has increased by 30 percent in the past decade alone.

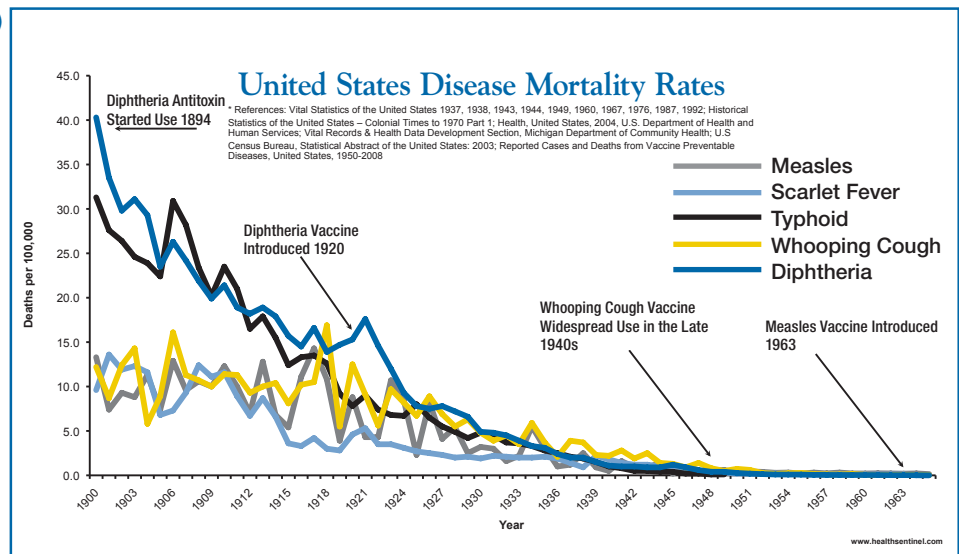
Let's do some simple math based on these solid statistics. Beginning in 1990, when the mass vaccination program took off, the incidence of autism and autism spectrum disorder in children exploded. The projections indicate that by the year 2032, virtually all male children will be diagnosed with autism or autism spectrum disorder, followed by all girls in 2041. Autistic kids will surely outnumber normal kids in the relatively near future. How will our society function if all kids age 10 and younger are so disabled? This is the most frightening projection I can possibly imagine, and it is simple math!

What is going on? The one obvious and absolute constant for these skyrocketing numbers of autistic and learning-disabled children is vaccinations. Over the last 25 years, the number of vaccinations forced upon our children has virtually exploded. Why? Are measles, mumps, chicken pox, and flu really that dangerous? In my opinion, irrevocable harm caused by vaccinations is infinitely worse than the diseases we vaccinate against!

Manufacturers Have No Liability

Why is this happening? First, let's examine the breakdown of checks and balances in our government. In 1986, a reluctant President Ronald Reagan signed the National Childhood Vaccine Injury Act. This law decrees, "No vaccine manufacturer shall be liable in a civil action for damages arising from a vaccine-related injury or death." (Public Law 99-660)

Now, why would Congress and President Reagan eliminate all liability from Big Pharma for their obviously dangerous but highly profitable vaccines and assume it themselves? The answer to that question is purely diabolical.



Note that measles, typhoid, whooping cough, and diphtheria had all but disappeared prior to the use of any vaccines. Figure courtesy of Roman Bystrianyuk: www.tinyurl.com/y59zz17.

The drug companies essentially told Congress and the President, "Yes, the vaccines we created for children are toxic. They are designed to make them sick in order to stimulate an immune response, and they contain highly toxic ingredients that will cause serious side effects, including death. Therefore, if you don't eliminate our liability, we will never be able to implement our master plan for mass vaccination of American children, because we could never withstand the judicial scrutiny of vaccine damage in courts of law."

In short, liability for vaccine injuries was removed from the pharmaceutical companies because the vaccines were too toxic to withstand judicial scrutiny. Just imagine, 100,000 families suing Merck because their children were destroyed only days after receiving MMR (measles, mumps, rubella) vaccinations! What is their defense? "Well, your honor, they are probably protected from measles."

Isn't that why we *have* judicial scrutiny? It protects us from exactly what is now happening with these horrifically toxic vaccines. In place of judicial scrutiny, this law created an "Office of Special Masters" composed of scientists and others who determine if harm has been done and if compensation is warranted. The decisions of these "special masters" carry the force of law. They have passed out over \$2 billion to families of damaged children, and guess who paid it? Not the drug companies, but you and I—taxpayers who had

continued on page 6

Dear Dr. Whitaker

Q You often talk about the importance of magnesium and mention that it might cause loose stools. For many, many years I used magnesium aspartate to help with my occasional irregular heartbeats, and it worked really well. However, for all those years I had what I thought was irritable bowel syndrome (IBS), with gas, cramps, and diarrhea. I recently learned that magnesium aspartate was apt to be more irritating to the intestinal tract and that switching to magnesium citrate might help. I made the switch and in 48 hours I had no more IBS symptoms—and my irregular heartbeat has not returned. Could you address the different forms of magnesium? — *Becky J. Smith (a VERY long-time subscriber)*

A Magnesium can be bound to a variety of chelating agents to enhance its bioavailability. They include aspartate, citrate, ascorbate, and gluconate, to name a few. We've been using magnesium aspartate at the clinic for 25 years and I haven't seen any problems with it. However, what your experience illustrates is that we are all unique and that what works for one person may not work for another.


I'm glad you found solutions for both your arrhythmia and your IBS symptoms, and **I do think magnesium citrate is great.** We use it at the clinic in a powdered product called Magna-Calm, which is available online or by calling Whitaker Wellness at 800-810-6655. The suggested dose of magnesium is 500–1,000 mg per day. Higher

amounts—regardless of the form—are often used as a laxative and may cause loose stools. — *JW*

Q I'm concerned about my liver because my last test showed elevated liver enzymes. I have some relatives who abuse alcohol, but I do not. I am overweight but have no other health problems. Any suggestions? — *N.N., Norman, OK*

A Although most people link liver disease with alcohol and hepatitis, obesity is a leading cause of liver dysfunction. Nonalcoholic fatty liver disease (NAFLD) affects nearly 30 million Americans, and it's fueled by our epidemic of obesity. NAFLD is just what it sounds like—excessive fatty deposits in the liver. If you're overweight or have metabolic syndrome (high blood pressure, elevated triglycerides, a large waist, low HDL cholesterol, and/or high blood sugar), getting a handle on these conditions is likely your best treatment option. It's important to take action because, left untreated, NAFLD can lead to more serious liver disease.

The best way to do that is to modify your diet and exercise. According to recent research, reducing or eliminating excess dietary fat, starches, and sugars and getting 75–150 minutes of vigorous physical activity per week can be extremely beneficial. Weight loss is also key—losing 12 percent of your current body weight has been shown to completely eliminate NAFLD. One great way to lose weight and control metabolic syndrome is my mini-fast with exercise regimen. To learn more, visit drwhitaker.com/diabetes_overview. — *JW*

 **Read more Q&As online at drwhitaker.com/featured-questions-and-answers. Send your own questions to drwhitakerquestions@drwhitaker.com.**

From My Blog

Weight Loss for Hot Flashes

Did you know that losing weight could help control hot flashes? Researchers from the University of California at San Francisco followed a subgroup of overweight or obese menopausal women enrolled in an incontinence study who reported having bothersome hot flashes. Two-thirds of them were instructed on healthy weight loss options and given meal plans and coupons for diet foods; they were also asked to log their daily exercise in a journal. The other third received minimal instruction regarding health and dieting.

After six months, the ladies in the intensive weight loss program had dropped an average of 16 pounds and reduced their waist size by two inches. As a result, more than half reported significant improvements in their hot flashes. And the more weight and inches the women lost, the more relief they got.

 **Get the rest of the story and other health advice at blog.drwhitaker.com.**



Works for Me...

▶ **Vitamin D** *I celebrated my 100th birthday on December 31, 2010. I have always been a “sun worshipper,” getting lots of “rays” every day. The more I sunbathed, the better I felt. Of course I took my daily vites as well. But I believe the vitamin D is what has been most effective. Incidentally, I have no Alzheimer’s symptoms and still drive my car! — B.D. Rowe, via email*

Adequate vitamin D levels contribute to good health across the board. Try to get about 15–20 minutes of unprotected sun exposure every day, and as we head into winter, **supplement with enough vitamin D3 to keep your blood levels in the 50–70 ng/mL range. Most folks do well with 2,000–5,000 IU daily.** — JW

▶ **Hemorrhoids** *When I was 22, I developed my first hemorrhoid and suffered for about 10 years until I found real relief. My parents bought a mini-trampoline and while visiting them*

I used their rebounder just for fun. After the second time I exercised on it, I was pleasantly surprised to find that my hemorrhoids had reduced in size. I continued to experiment and found that my hemorrhoids and the associated pain virtually disappeared. I’ve used a mini-trampoline for over 30 years—I am now 63—and, while my hemorrhoids tend to reemerge when I discontinue use, I have no problems when I consistently do this type of exercise. — David, Raton, NM

I’ve recommended several hemorrhoid treatments, from topical witch hazel to warm sitz baths and the flavonoid diosmin. (To read more, visit the Subscriber Center at drwhitaker.com.) Exercise makes sense as well. **Physical activity improves the elasticity and strength of the blood vessels and capillaries, improves blood flow, and reduces inflammation.** Good for you, David, for thinking outside the box, and thanks for this suggestion. — JW

📧 **Have a Health Tip to share? Send it to worksforme@drwhitaker.com. Read more tips at www.drwhitaker.com/works-for-me.**

Healing Tip

Make monounsaturated olive oil your oil of choice. In a recent study, regular users had a 41 percent reduced risk of stroke—and those with the highest blood levels of oleic acid had a 73 percent risk reduction.

📧 **Like my Facebook page at facebook.com/WhitakerMD to receive daily healing tips and join the conversation.**

Monthly Health Quiz

Symptoms of Andropause

Which of the following is NOT a symptom of andropause, the male equivalent of menopause?

- A) Loss of muscle mass
- B) Decreasing bone density
- C) Loss of libido
- D) Worsening eyesight

Answer:

The correct answer is D. Testosterone levels slowly decline as we get older, and the results start to become noticeable in our mid-40s, with reductions in libido, muscle mass, and bone density.



Now in the Subscriber Center at drwhitaker.com:

- Additional Solutions for Hemorrhoids
- Natural Treatments for IBS
- More Easy Ways to Curb Appetite
- Help for Fatty Liver Disease

Visit today for access to back issues, special reports, and more!

Notable Quote

“One doctor makes work for another.”

— English Proverb

Don't have a computer? Mail your questions or health tips to *Health & Healing*, 7811 Montrose Rd, Potomac, MD, 20854.

Vaccines (continued from page 3)

nothing to do with the manufacture or the administration of these toxic products!

If this law had not eliminated all of Big Pharma's (particularly Merck's) liability for vaccine-related injuries, there would be no forced vaccination program.

Children Are Forced to Be Vaccinated

The second reason for this horrific nightmare is the suspension of our civil liberties. Big Pharma has convinced the government to force parents to submit their children to whatever vaccines they produce, no matter how stupid or toxic. If you as a parent decided you did not want your child to have 52 doses of 14 toxic vaccines before age six, you couldn't just say no. You would have to go through a lengthy and time-consuming process of getting an exemption. Such processes vary from state to state.

Folks, whenever a government uses force on its citizens, it always becomes more harsh. In 2007, Prince George's County, Maryland, State's Attorney Glenn F. Ivey and the chairman of the school board, Owen Johnson, Jr., implemented a vaccine roundup. They issued summons to parents of more than 2,300 children who had not provided certificates of immunization. Parents were told to appear in court on a Saturday to subject their children to on-the-spot, state-mandated vaccinations—up to 17 doses—or face imprisonment.

According to Katherine Serkes of the Association of American Physicians and Surgeons, "This campaign of intimidation to brutally enforce blanket vaccine mandates by the government agencies and the school district gives no consideration for the rights of the parents or the individual medical condition of the child."

Money and politics were at the center of this vaccine roundup and threats. The school district stood to lose a substantial amount of funding if students didn't comply with the state's vaccine mandates. "Apparently the district wants that money," said Serkes, "even if it gets it off the backs of children."

What is the difference between this activity in the state of Maryland and tyranny elsewhere in the world? There is no difference. Serkes went on to say, "It's not just local now, and parents across the country are ready to fight."

Vaccine Propaganda

Proponents of this insanity try to justify this despotism with fear tactics. They say that without forced vaccination, there will be a return of major epidemics, and children's bodies will stack up in the streets. That's just a bald-faced lie, and they know it!

What vaccine propagandists will not tell you is that widespread illness and death rates from virtually every infectious disease we vaccinate against were dropping rapidly and were, in fact, almost eradicated before vaccines even came onboard. Nor will they tell you that the true conquerors of the infectious diseases that have killed millions were not vaccines at all, but improved standards of living, cleaner food, and elimination of water-borne pathogens. But you can't charge billions of dollars every year for improved hygiene and living conditions.

Also, why are we still vaccinating for polio when a case of wild polio hasn't occurred in the United States in more than 30 years? When a team wins the Super Bowl, they all go home. But not the vaccine guys. They frighten you by saying, "Polio might come back, so we need to vaccinate 6 million kids every

My Recommendations

- ▶ This is obviously an emergency. Send a copy of this article to at least 10 people and recommend that they do the same. Also send it to your representatives in local, federal, and state government.
- ▶ Read *The Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children*. It features chapters by more than 20 experts in scientific, legal, ethical, and other fields.
- ▶ Read *The Age of Autism: Mercury, Medicine, and a Man-Made Epidemic* by Dan Olmsted and Mark Blaxill. It examines the rise of autism and the role mercury and vaccines play in this increase.
- ▶ Watch *Vaccine Nation* and *Autism: Made in the USA*. These DVDs, directed by Gary Null, tell a compelling story about the damaging effects of vaccines.
- ▶ To order these books and DVDs, visit my Freedom of Health Foundation's website, thefhf.org, or call 800-792-4269. For every \$60 donation, you will receive one book and one DVD; \$100 donors will receive all of the books and DVDs listed above. I appreciate your support.

year.” That’s nonsense. The Amish, for example, and millions of children who receive legal exemptions or are homeschooled don’t get vaccinated—and they don’t get polio either. The vaccine propagandists maintain that these children are protected by the large cocoon of vaccinated kids. This is only a presumption; there’s no hard evidence to back this up.

We Must Stop the Madness

There are only two things that can stop this madness. First, parents must have the right to decide what is injected into their children. Second, liability must be borne by the pharmaceutical companies.

If these two things happen, we might recover from this nightmare. If they don’t, armed guards will be escorting our children to vaccination centers and, within a few decades, our children—and our country—will be destroyed. Many of you will live to see this devastation. But most of your children and grandchildren will be so damaged by vaccinations

that they will not even notice it. They will be lost in autism. That, my friends, is simple math.

References

- Habakus LK and Holland M. *The Vaccine Epidemic*. New York, NY: Skyhorse Publishing; 2011.
- Hernandez N. Get kids vaccinated or else, parents told. *Washington Post*. Nov 14, 2007.
- Kogan MD, et al. Prevalence of parent-reported diagnosis of autism spectrum disorder among children in the US, 2007. *Pediatrics*. 2009 Nov;124(5):1395–1403.
- National Vaccine Injury Compensation Program. National Law Library. <http://www.jurisearch.com/NLXML/getcode.asp?datatype=S&statecd=US&sessionyr=2008&TOCID=41074&userid=PRODSG&cvfilename=&Interface=&noheader=0>
- Olmsted D and Blaxill M. *The Age of Autism: Mercury, Medicine, and a Man-Made Epidemic*. New York, NY: Thomas Dunne Books; 2010.
- Serkes K. Doctors oppose Maryland vaccine roundup: expect dangerous reactions when children are treated like cattle. *Association of American Physicians and Surgeons*. Nov 16, 2007. <http://www.aapsonline.org/press/nr-11-16-07.php>

Whitaker Wellness Success Story: Goodbye Cane and Pain of Diabetic Neuropathy

Neuropathy is among the most devastating complications of diabetes. Triggered by diabetes-induced damage to the blood vessels and nerves, it causes excruciating pain, disability, and, in more than 86,000 cases per year, amputation, usually involving the lower extremities. We see many patients with diabetic neuropathy at the clinic, primarily because conventional medicine has little to offer besides pain-relieving drugs and wound care. Although our success rate in treating neuropathy may seem miraculous, it’s really just good medicine. We simply help patients get their blood sugar under control and use therapies that dramatically improve blood flow and oxygen delivery, thereby stimulating the natural healing process. William Edwards from La Belle, FL, is an excellent example.

“I came to the Back to Health Program because my diabetic neuropathy was so bad that despite taking Lyrica for pain relief, I was miserable. I was only sleeping 2–3 hours a night, I was unable to work because I couldn’t sit for more than an hour at a time due to severe leg pain, and my life was steadily going downhill. The last straw was a family vacation to Disney World where my wife had to push me around in a wheelchair. After that, I made up my mind that this had to change.

“My wife and I came to the clinic in March 2010. When I first arrived, I had to use a cane because I was very



William, upon arrival at the Whitaker Wellness Institute.

unsteady on my feet. But after just four days of undergoing enhanced external counterpulsation (EECP), hyperbaric oxygen therapy (HBOT), microcurrent therapy, and receiving intravenous (IV) nutrients, I put my cane away—and I haven’t used it again to this day!

“My family and friends cannot believe the difference in me. I can now walk and do things I hadn’t been able to do for three or four years! I bought a microcurrent machine to use at home for pain relief, and I watch my diet because I never want to be in the shape I was before I came to the clinic. Thank you, Dr. Whitaker, and your wonderful staff for all of your help.”

To make an appointment to participate in our Back to Health Program call 800-488-1500 or visit whitakerwellness.com.

Innovations in Wellness Medicine

Saffron for Satiety and Food Cravings

There's a new weapon in the battle of the bulge: saffron. This bright yellow culinary spice has been used in traditional medicine to tame inflammation and ease digestive woes. But saffron also helps raise levels of serotonin, a neurotransmitter that boosts mood, influences hunger and satiety, and helps put the brakes on food cravings—especially for carbohydrates. This makes saffron a real boon for people trying to lose weight.

In a recent study, mildly overweight women, ages 25–45, were divided into two groups. Half took one 90 mg capsule of a standardized saffron extract (Satiereal) with breakfast and a second capsule with dinner, while the other group was given placebo pills. For eight weeks, neither group made diet changes, but they were asked to record all food eaten outside of mealtimes. Though the women taking saffron supplements only lost an average of 2.1 pounds during this time, they reported snacking half as often as before and feeling less hungry between meals.

Look for saffron supplements in your health food store. You can also purchase my Saffron Snack Stopper by visiting drwhitaker.com or calling 800-722-8008. Aim for the study dosage of 90 mg twice a day with meals. *Note:* It can take up to four weeks to see results, so be patient.

Natural Therapies for Sleep

Can't sleep? You may need to chill out—literally. People who have trouble catching ZZZs often have excess activity in the frontal lobe of the brain (the part responsible for organizing, planning, etc.), which causes it to heat up. Researchers from the University of Pittsburgh discovered that cooling caps, which bring down the temperature and slow metabolism in this area, allowed participants with insomnia to fall asleep as fast and stay asleep as long as a control group without insomnia. Special cooling caps aren't a requirement. One of my patients swears by an inexpensive, reusable ice bag sold in drugstores—the soft, cloth-covered type with a screw cap for adding ice cubes. She initially tried it for headaches, but it improved her sleep so dramatically that she now uses it regularly for that purpose.

Other natural sleep aids include melatonin (1–3 mg), valerian (500 mg), and L-theanine (200 mg), used individually or in combination products such as Restful Night Essentials, available by calling 800-722-8008 or visiting drwhitaker.com.

Did You Know?

- Engaging in regular exercise over 10-plus years is associated with a significantly reduced risk of death from colon cancer.
- Our pelvic bones continue to widen throughout life.
- Restaurants regularly mislabel caloric content on menus; one in five items contains at least 100 more calories than listed.
- PSA changes are a poor marker of prostate cancer progression, and relying solely on this leads to unnecessary biopsies.
- Eating broiled and baked fish lowers risk of heart failure, but fried fish increases risk by nearly 50 percent.
- Animal studies suggest that excessive exposure to light at night is a risk factor for weight gain.
- Estrogen has been found to be protective against Alzheimer's and other neurodegenerative disorders.
- Barley consumption is associated with reductions in cholesterol.
- Regular consumption of coffee or tea has been linked with reduced risk of brain tumors.

Health & Healing Resources

- **Renew Your Subscription** 800-539-8219 or drwhitaker.com
- **Buy Supplements** 800-722-8008 or drwhitaker.com
- **Sign up for my Free eNews** drwhitaker.com
- **Make an Appointment at Whitaker Wellness** 800-488-1500 or whitakerwellness.com

Watch Future Issues for:

- Cures for Chronic Cough
- Natural Therapies for Warts and Acne
- Broad Benefits of Acupuncture
- Healing Power of Heat



Become a fan on Facebook at facebook.com/WhitakerMD



Follow me on Twitter at twitter.com/WhitakerMD



Watch me on YouTube at youtube.com/user/drwhitakerinfo