

This is How I Save My Life



by Amy Scher

After years of suffering, I took a leap of faith that could either cure me or cost me my life. I didn't expect anything in between, but I had to take my chances. I was in pain 24-hours a day with relief only when I was in a drug-induced sound sleep. I suffered from fatigue so bad I that I literally could not move my lips to speak at times. A severely weakened immune system made me a host for recurring shingles so severe that they scarred, and hurt for years afterwards. My white blood cell counts were so low I was unable to leave the house by my immunologist's insistence. No organ or system in my body was spared.

When I left California to receive an experimental embryonic stem cell treatment in India, much of the Lyme disease community had its watchful eyes on me. The promise of stem cell therapy focuses on the approach of rebuilding the immune system. In addition, stem cells have shown the ability to repair damage to the body, often as a result of chronic disease-this includes damage to muscles, nerves and tissue.

In *This Is How I Save*

My Life, I write:

"I was going to do whatever it took to try to save my own life. I would look around and wonder what it would be like to feel healthy again. I never realized health was a distinct feeling until I experienced what it was to not have that. I longed to wake up in the morning and get out of bed without aching in the deepest parts of my bones. I wanted to be able to have enough energy to do more than one errand at a time. I wanted to be strong enough to pick up my nephew. I wanted to simply roll over in the middle of the night by myself, and without excruciating pain following my every move. Everyone kept saying, 'Some day we'll be able to cure ...' 'That's ok for some,' I used to think. "But I am Amy Beth Scher, 26 years old and unable to control my own bladder or go one minute without pain that feels like lightning striking my entire being.' I left all of my best wishes with those willing to wait for "some day" and I forged ahead to make it come as fast as humanly possible for myself."

From day one of my stem cell treatment, it was clear to me I had been catapulted into a brand new world, void of the security of home-medical, emotional and physical. But I found something in India that had been missing from my life at home. Hope. And really, above and beyond anything else, that's one of the essential ingredients for the recipe of healing.

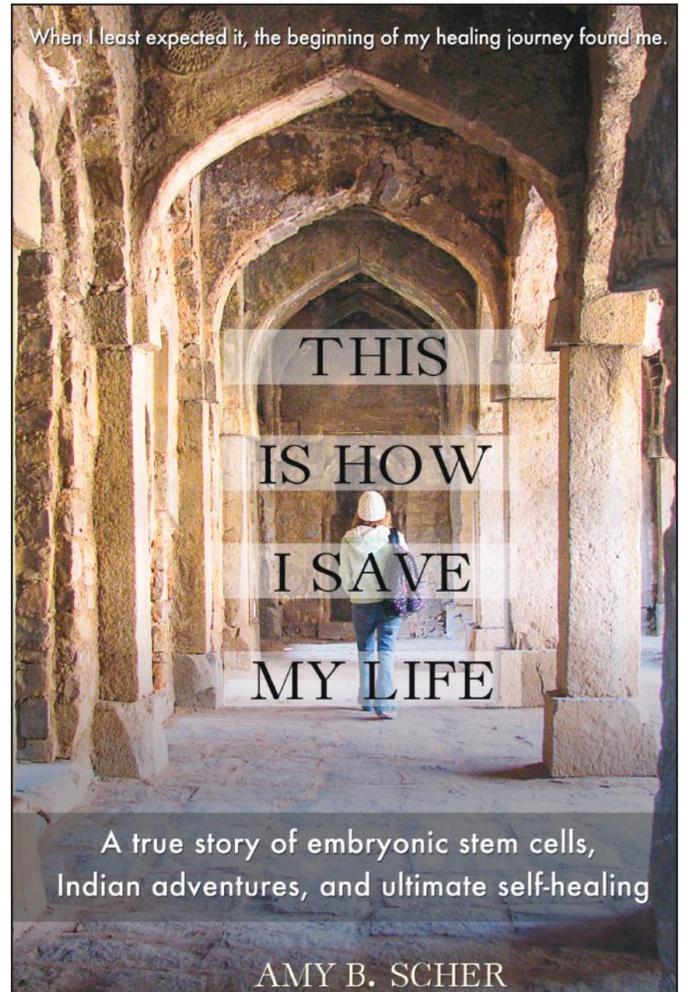
On February 12, 2008, I share in a blog post:

"I am lying face down in a hunter green gown (not a flattering color for me) on a long, skinny table that feels

like it was made for a tall, slender man. Huge round lights that hang from the ceiling are glowing on my body. A heater blows warmth in my face and three operating-theater techs are by my side. Dr. Ashish comes in with scrubs and a full mask covering most of his face. I can still see his smiling expressions through it.

Within minutes, it's time for the procedure. My Old Navy brightly colored fleece pajama pants under my gown are pulled down, mid-butt. The table is tilted so my head and upper torso are tipped forward and it now feels more like a balancing beam than a place to rest. I confirm with Dr. Ashish that I won't slide forward-and off. He laughs and reassures me. I wonder if I'm the only one worried about this. The sister's hand is on my butt and I tell myself, if she had to, she could catch me by one cheek if I should slip. I soon start to feel an intense, deep ache and awkward pulling. I accidentally wince and Dr. Ashish tells me he is pushing the first syringe full of stem cells in. I can't see his hand, but his arm is steady like an iron rod. I breathe deeply, eyes closed while I try to inhale the new life into me. I literally feel the stem cells being infused.

A heavy sensation quickly coats my lower back. If I knew what it felt like to have an elephant sitting on me, this is what I think it would be. I wiggle my toes to console myself. I know nothing is wrong but the feeling is so strange that I want to check everything still works. A rising sensation works its way up my spine as the second syringe of stem cells is slowly injected.



Gauze is placed in the injection area and I lay still until I am moved to a gurney and wheeled out of the operating theater. I am totally and completely overwhelmed with emotion as I pass through the double doors that lead to the elevator. I look up to see a Labor and Delivery sign and remember how this hospital started off as a fertility clinic. I have flashes of this same scene from when I had surgery to extract eggs from my ovaries during the process of donating them to an infertile couple. I feel like I have come full circle, and will never be the same as before I entered that room."

The sometimes-comedic and often-heart-breaking journey that

ensued was nothing like I had planned. There were both times of intense struggle and indescribable joys. Surprisingly though, much of my healing came from revelations I had when I returned home from India-revelations that were inside of me all along. That's perhaps the most important message I send through my book. We often feel like prisoners of our disease, but it turns out, part of the process of healing, is learning that we're simply not.

About the Book

"This story kind of reminds me of Eat Pray Love. It is a journey of healing, love, and life." - Crossroads Review
"Save My Life" ...cont'd pg 7

Worldwide Lyme Disease Awareness Protest

Over 20 countries & several states all to protest on May 10th & 11th, 2013

by Lisa Hilton

Lyme patients from all over the world feel they are being ignored and even being denied treatment for tick borne illnesses such as Lyme Disease, Babesia, Erlichiosis, Ricksetia and Bartonella.

Demands are being made for accurate testing, proper treatments, and admittance that Chronic Lyme Disease is real, serious and potentially fatal. Patients want to know why the IDSA is being used by the CDC for their guidelines in the treatment of Lyme

Disease even after Attorney General Blumenthal's investigation found them biased and the guidelines flawed.

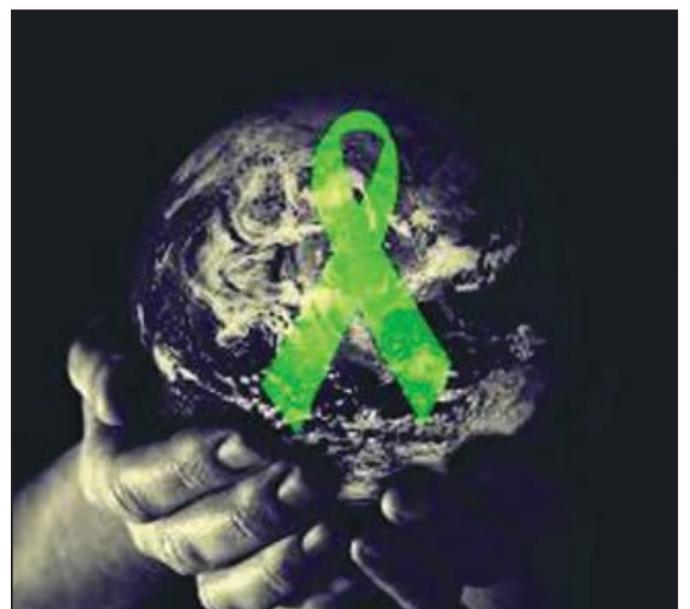
Lyme patients are asking that the healthcare community be better educated in order to effectively diagnose and treat patients with Chronic Lyme Disease. Patients are stating that independent funding for medical research into Lyme Disease testing and treatment are needed.

Several states and over twenty countries will be protesting including: Germany, Austria, Canada, UK, Switzerland, France, US,

Poland, Denmark, Norway, Australia, Iceland, Finland, The Netherlands, Ireland, Sweden, South Africa, Spain, Romania and the Faroe Islands. These countries have seen first-hand the ravages of Lyme disease in the nations.

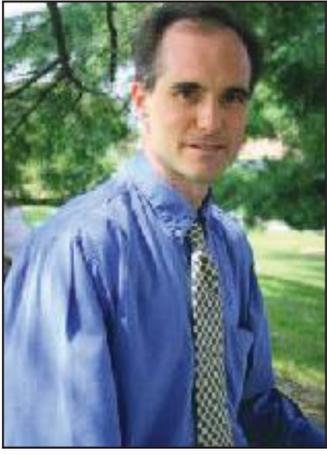
Join with us as there will be protests, rallies, letter writing campaigns, a phone calling campaign, live petitions and Ribbons Across America. Join the fight! For more info please visit: <http://worldwidelymediseaseprotestus.blogspot.com/>

pha



Naturopathic Hydrotherapy

Wellness and Nutrition Challenge Series



by **Dr. Bert Mathieson, ND, RD, LD, CDE**

The purpose of the Wellness and Nutrition Challenge Series is to provide practical advice to improve general health that can be applied by individuals and families alike.

The treatment of chronic disease can be very complex. Sometimes it is refreshing to get back to the basics of health. There are many simple things we can do to improve the ability of our body ability to fight infection and heal. In this installment I will explore the therapeutic use of water known as "hydrotherapy." Much has been written in Public Health Alert recently about the importance of hydration and clean water. Perhaps you have never thought about how many ways water can be used as a therapy for the treatment and prevention of disease.

Water has been used therapeutically for millennia by cultures all over the world. According to the Text Book of Natural Medicine (Pizzorno and Murray) Hippocrates used hydrotherapy in 400 BC and provided us with extensive writings on the subject. Modern naturopathic medicine also has a long tradition of using water therapeutically. This history began with hydrotherapy practitioners in the mineral springs of Europe and spread to the USA with the naturopathic doctors of the early

19th century. These techniques are still utilized today by naturopathic doctors, physical therapists, and athletic trainers.

Because water has the ability to store and transfer heat it has wide application as a therapy. Although there are multiple hydrotherapy techniques in use today I would like to touch on one easy technique that can be applied at home. This is generally known as "contrast hydrotherapy." This is a very helpful technique for some of the problems that plague people with Lyme disease and other chronic diseases.

In simple language- blood must be flowing well through your body and organ systems to promote optimal healing, dispersion of immune cells, and detoxification. The beauty of water as a therapy is that it has the ability to enhance blood flow. Water can also be used to "push" blood from one area to another.

For example- if you have a headache due to sinus congestion- you can soak your feet in a warm bath and put a cold washcloth on your head. This will create vasoconstriction in the head, vasodilatation in the feet, with the net effect of driving congestion out of the sinus area. This is a simple technique that can be applied by anyone.

Contrast hydrotherapy is the use of contrasting warm and cold applications to stimulate blood flow to a desired area. With blood flow comes immune cells, nutrients, and oxygen. For example- if you have a swollen joint - try applying a warm/hot pack for 4 minutes on the joint followed by a cool/cold face cloth for 1 minute. The temperatures should be comfortable to you. Some people can use an ice pack (always have a cloth under the ice pack to avoid direct contact with your skin.) Other people find it more comfortable to use a



face cloth soaked in cold water. As a note of caution- heat should not applied to an acute joint injury for at least 48 hours after the injury or it could promote more swelling.

Play around with the timing of the hot and cold applications. The exact ratio is not set in stone but it is generally thought that the hot application should be longer than the cold application. These alternating hot and cold applications can be thought of as creating a "pumping action" of vasodilatation/vasoconstriction which enhances blood flow. Usually 3 cycles of warm/cool applications is thought to be sufficient. But again- listen to your body and see what works best for you.

This technique has also long been used as a "whole body tonifying technique." Think of the folks in Finland doing their sauna and then rolling in the snow! Perhaps a more mild form of this technique would be to take a hot tub followed by a dip in a pool or a cool shower. Hydrotherapy techniques are generally quite safe. When applying this whole body technique use common sense especially if you have any heart or circulation problems. Whole body immersion in warm/hot water can cause pooling of blood in your lower body. This can result in lighthead-

edness when standing up so be cautious especially if you have orthostatic hypotension or hypoglycemia. Whole body hot immersion is also thought to be contraindicated for people with Multiple Sclerosis. Please also be careful with hot/ cold applications if you have decreased sensation as in diabetic neuropathy.

In conclusion, hydrotherapy techniques are simple yet powerful healing techniques that can be applied at home by the whole family. They can also be quite fun and relaxing. Enjoy!

pha

About the Author:

Dr. Bert Mathieson, ND, RD, LD, CDE is a naturopathic doctor, registered dietitian, certified diabetes educator, and he holds a certification in naturopathic acupuncture. Bert sees patients of all ages including children. He is a general family practitioner who sees patients with a wide range of conditions. Some common disorders that Dr. Mathieson treats include: allergies, asthma, infections, chronic fatigue, fibromyalgia, arthritis, hemorrhoids, irritable bowel syndrome, heartburn, Crohn's Disease, food allergies, back pain, autoimmune disorders, high blood pressure, diabetes, high cholesterol levels, migraines, eczema, psoriasis, premenstrual syndrome, hormonal imbalances, Lyme disease, cancer, and cardiovascular disease.

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig's Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public's attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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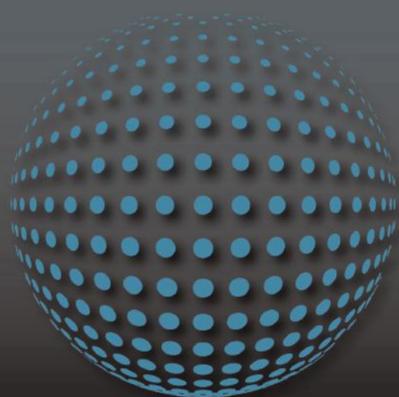
Q: Which one has Lyme Disease?



A: They both do!

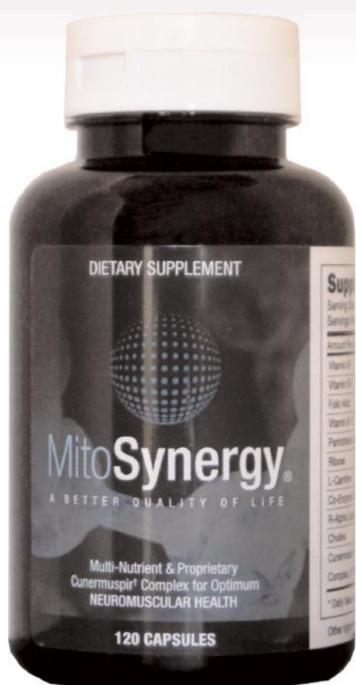
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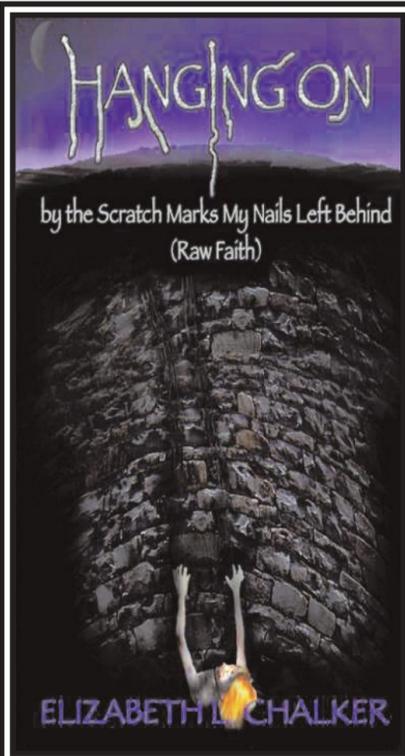
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Preconception Planning For Couples Living with Chronic Disease

Applying The Brighton Method to Minimize Your Future Baby's Risk of Birth Defects

by Roy Dittmann, OMD, MH

Brighton Baby - The Complete Guide to Preconception & Conception Brighton Baby book one is a about transforming the way in which we conceive, birth, and raise children. Through my 30 years of experience coaching couples on how to conceive naturally and how to powerfully and naturally birth extraordinary children, I have discovered that the greatest blind spot in human reproduction and evolution is the importance of getting the body ready to conceive before conception.

The new science of epigenetics is confirming that the environment around the genes is more important than the genes themselves. When we apply the science of epigenetics (the genetic environment) to conceiving a human being, where two sets of genes are commingling for the first time, on one level, the environment around the genes includes the fluid around the sperm and egg (the seminal fluid, the ovaries, and the uterus). And on another level, this environment is also largely determined by the health of the organs/endocrine system, the microbial biome of the gut, blood and other homeostatic fluids needed to maintain cellular balance.

When we look at it from outside the human body, our epigenetic environment includes anything that moves into our body from the outside world. So, the foods we eat, the electromagnetic, wireless, and cellular frequencies that pass through our bodies, the air we breathe, and the soaps, perfumes, and cosmetics that we allow to touch our skin all affect our internal epigenetic environment.

You might say that *Brighton Baby book one* is the world's first epigenetic roadmap for conceiving healthy, radiant babies. This roadmap contains several

fundamental principles to reproductive and total body health. A sampling of these key principles are included here.

Probiotics vs. Antibiotics

The probiotics that inhabit your body are tiny chemical factories that compete with and therefore help to control pathogenic microbes. When you were born, you swallowed your first dose of probiotics as you passed through the birth canal. This seeded your gut. In turn, the breast milk you drank fed these probiotics, helping them to reproduce. Once they reached critical mass, your immune system became strong enough to begin to resist disease.

The optimal ratio of probiotics-to-pathogenic microbes is approximately 85%:15%. This is referred to as your "probiotic ratio". Our modern diet has reversed this ratio, which has triggered an inflammatory cascade within our bodies.

Probiotics are responsible for manufacturing many different vitamins, hormones, enzymes, and neurotransmitters and hormone precursors. They also secrete fungicides, antibiotics, and mold-killing chemicals designed to maintain a healthy probiotic ratio. And the probiotics in your body donate billions of different genes to our immune system and our cells - genes that help your body to make millions of different types of proteins.

Antibacterial soaps, antibiotics, vaccines that contain antibiotics, antibacterial douches, artificial sweeteners, and even GMO foods kill off these life-giving probiotic species, leaving us vulnerable to opportunistic infections.

Replenishing your probiotics is both a numbers and a species game. Your body has an estimated 140 trillion microbes living in it at any one time.

Commercial probiotic products usually contain between 100 million and ten billion cfus per serving, or up to 1/10,000th of your total microbial population. This is simply not enough to reset your probiotic ratio (85%:15%). For this reason, I recommend that couples make their own yogurt using a quality yogurt starter, such as the ones sold by BodyEcology.com and Progurt.com. See Brighton Baby book one for more on how to make your own yogurt.

Our Internal Ocean

"The only way cellular life could leave the ocean was to take the ocean with it."
-Rene Quinton (1866-1925)

If you pour seawater into a bowl and insert two electrodes randomly anywhere in the water, the seawater will conduct enough electricity to light up a light bulb. Similarly, your "internal sea" (your blood, lymph, and other fluids) has the ability to transmit electrical "information" (messages) between cells.

Both seawater and blood have inherent homeostatic mechanisms in place to maintain a constant pH. When chronic acidification occurs in our blood, the body robs calcium, magnesium and other minerals from our bones and tissues in order to stabilize the pH of our blood.

In the early 1900s, French explorer, Rene Quinton, discovered that the viscous seawater he collected in the open ocean within these vast vortex plankton blooms ("Original Quinton marine plasma") could be used as a blood plasma replacement. He set up 69 free dispensaries throughout Europe and successfully helped hundreds of thousands overcome cholera, dysentery, the 1918 flu epidemic, and countless other conditions.

To demonstrate the

elegant simplicity of Original Quinton marine plasma, René Quinton built his legacy taking on impossible reproductive challenges. Under the direction of Dr. Jean Jarricot, women would come to Jarricot's free clinic with a history of multiple failed pregnancies or a history of severe birth defects, including under-developed infants that died in early childhood (called "athrepsia" or "failure to thrive").

Dr. Jarricot would give marine plasma to these women before and during their next pregnancy. In almost every documented case, the next child would be born healthy. He carefully documented hundreds of these pregnancy cases, following the children sometimes into early adulthood.

Original Quinton seems to correct the way in which our genes are being expressed at a fundamental level. It transformed the epigenetic environment within the womb. After all, everything you see in nature - including the complex intelligence stored in your genes - is nothing more than an intelligently organized bundle of elements from the Periodic Table.

It is increasingly recognized that genetic transcription depends heavily on the presence of trace elements. Marine plasma contains all of the naturally occurring elements on the Periodic Table at a ratio that mirrors that of human blood - giving your future baby control over its own perfect evolution within the womb.

Nourishing our internal ocean or our internal epigenetic fluid (blood, lymph, semen, breast milk, and mucous secretions) is critical to having an extraordinary baby. Saturating our internal fluids with the right balance of sodium bicarbonate (the alkalizing form of sodium which forms when our bodies have the right acid-alkaline balance), isotonic salts, and other trace

minerals is fundamental to helping the body to eliminate toxins, including heavy metals.

Health Fats vs. Unhealthy Fats

Giving yourself an oil change

Before you conceive, I recommend giving yourself an oil change - replacing the rancid, oxidized fats stored in your body with healthy fatty acids. Here's why.

Healthy fats and oils maintain cell membrane function, help to regulate blood clotting, culture probiotics in the mucous membranes and gut of your body, and keep your immune system working, and in the case of men... make healthy sperm. And just like a car needs oil to lubricate its engine parts, healthy oils are used by your body to keep your joints and cells lubricated. Without a healthy lipid bilayer around your cells, your cells lose the ability to stay hydrated. In addition, oils are critical for producing hormones and absorbing and producing fat soluble vitamins such as vitamin D3.

Breaking apart the fat myths

A saturated fat is not necessarily bad because it is a solid any more than an oil is necessarily good just because it is a liquid. Some saturated fats protect unsaturated oils from damage in your body. And some polyunsaturated oils are less healthy than monounsaturated oils such as olive oil.

Omega 3 and 6

Omega 3 and 6 fatty acids are both critical to health. Your body needs about three times more omega 6 fatty acids than omega 3. This is known as the omega 3-to-6 ratio and **"Brighton Baby"pg 5**

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“Brighton Baby” ...cont'd from pg 4

in general, it should be 1:3. Today, the average American consumes 17 times more omega 6 than 3, which is why during the perinatal period I am primarily focused on helping couples to increase their intake of healthy omega 3s and to reduce their consumption of omega 6.

Our Standard American Diet has replaced the high performance grade oil with old, clumpy, deformed, dirty oil... you know the oil; the kind that your foods take a bath in after you eat that french fry, corn dog, or fried chicken 'finger'. It is not butter that is the culprit here. It is the heated, damaged, bleached, adulterated polyunsaturated fatty acids found in processed grains and sunflower, cottonseed, corn, and soybean oils that have tipped the scales in favor of chronic inflammation, infertility, birth defects, and disease.

Even our cows and chickens need an oil change. When cows are fed processed grains like corn and soy, their milk and meat are chock full of omega 6 fatty acids. In other words, when big-agra feeds their cows grains and we consume the milk and meat packed with omega 6 fatty acids, we are triggering chronic inflammation within. Instead, transition to grass-

fed or pasture-raised dairy, eggs, chicken, and beef.

How Lyme Disease Attacks the Next two Generations

Let's look at what semen is comprised from. Semen is a blend of prostatic and spermatic fluid. The sperm itself depends on the presence of tocopherols (vitamin E), glutathione, and superoxydismutase (SOD) to protect the sperm from oxidative damage. This makes sense, especially when you consider that sperm is largely comprised of fatty acids which are vulnerable to oxidation. The most dominant fatty acid found in sperm is the mammalian form of the omega 3 fatty acid, DHA.

In addition, sperm contains an abundance of zinc. This is important because zinc-dependent metalloenzymes are responsible for transcribing our DNA - something that is "mission critical" in the first moments of conception (dominated by DNA fusion and cell division).

People with Lyme disease often have Pyrroluria, a chronic zinc deficiency suspected to be caused by the spirochete's blockage of 300 plus zinc-dependent enzymes. When unbound zinc is found in the body, the

liver naturally excretes the zinc as "waste".

In turn, the lack of zinc forces the body to substitute with any heavy metals it can find with a similar charge. This may be one of the ways in which the spirochetes recruit heavy metals to help build their biofilm communities. Together, both the heavy metals and the excess copper trigger a cascade of inflammatory events. In turn, both glutathione and albumin are used up to manage the onslaught of heavy metals and inflammatory chemicals, leaving the body vulnerable to additional exposures to toxins and pathogens.

Research suggests that elevated levels of unbound copper, iron, and heavy metals can contribute to the oxidation of neurotransmitters such as adrenaline to adrenochrome, dopamine to dopachrome, and noradrenaline to noradrenochrome. The sustained oxidation of neurotransmitters has been theorized to be a fundamental contributor to heart defects and mental disorders including bipolar disorder.

Now let's consider the eggs that are being formed inside of the ovaries of a developing fetus. There is a total of two future generations growing in a woman's womb at 5 months gestation.

So whatever a future mom eats or is exposed to is immediately affecting the next two future generations. This awareness gives us a more accurate "map" of the consequences, positive or negative, of our actions.

In pregnant women, balanced copper and zinc levels and ratios are critical for optimizing fetal development. In addition, the thyroid gland is often deficient in women diagnosed with Lyme disease. The thyroid gland plays a fundamental role in regulating female fertility and fetal development.

Pregnant women with under-active thyroids are four times more likely to miscarry and their children generally score lower on IQ tests. Supplementing your diet with a clean dark seaweed such as dulce and with a balanced trace mineral abundant in lithium can help to improve thyroid function, due to the abundance of bioavailable iodine.

To diagnose these risk factors before conception, I recommend several diagnostic strategies. These tests can be applied to both men and women before conception. Abnormal results of any of these key markers suggest that a rigorous preconception program such as the one outlined in Brighton Baby book one is in order prior to conceiving a child.

Preconception Tests Recommended to Determine Birth Defect Risk

The following BioMarkers can be used to determine your birth defect risk:

1. Tissue mineral analysis test. A hair analysis can accurately assess heavy metal exposure, the copper-to-zinc ratio, and copper and zinc levels.
2. AG Ratio. If the albumin-globulin ratio (AG ratio) is low, this can indicate the presence of chronic infections in the body. By practicing rigorous daily nasal and dental hygiene (iodine, salt and water facial dips; oil pulling; dental water picking; flossing, etc.), often-times, the AG ratio will increase. See Brighton Baby Chapter 18 for details.
3. GSH/GSSG Ratio. The glutathione ratio (GSH/GSSG ratio) should be high. If it is low, this can indicate that your body does not have enough glutathione to bind to and eliminate excess DHT (testosterone) and heavy metals. Begin taking a quality liposomal glutathione supplement along with CoQ10, folate (and methyl folate), and vitamin B12.

“Brighton Baby” ...pg 7

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Low-Dose Naltrexone in Lyme Patients

by Megan Torbert,
PharmD Candidate at
the UMES School of
Pharmacy Class of 2013

Lyme disease is a growing epidemic on the eastern shore. When it is not treated early, the standard treatment protocols may fail in curing the patient of all symptoms. More and more patients complain of persistent symptoms years and years after being treated, termed Chronic Lyme Disease. More and more doctors are looking to treatments outside of the CDC recommendations to find their patients relief. One treatment now showing great value is low-dose naltrexone (LDN). It is being used to treat patients with fibromyalgia, Crohn's disease, multiple sclerosis, autism, sarcoidosis, and Lyme disease.^{1,2} Naltrexone is a drug which was developed in the 1970's to treat heroin addiction.³ Since its development, it has been studied for its other effects on the body and other possible uses. A neurologist by the name of Bernard Bihari was the first to perform a trial with LDN (1986).³ Most of the patients enrolled in the study had AIDS, and he noticed an improvement in the patients' immune function.³ Fast-forward to today and LDN is used for many diseases and disorders. Doses of 1-4.5 mg of naltrexone are prescribed to alleviate symptoms frequently experienced by Lyme patients such as fatigue, myalgia (muscle pain), arthralgia (joint pain),

and to reconstitute the immune system.¹ Generally, patients are started on a lower dose and titrated to the 3 to 4.5 mg dose. In one open label study 75% of patients experienced a reduction in their symptoms.¹ Dr. Horowitz cites increased cytokine levels as the main cause of inflammation and pain, and decreasing these levels may be the key to relieving those symptoms. He further explains patients experiencing localized pain can benefit from creams containing low-dose naltrexone, glutathione, resveratrol, curcumin, or alpha-lipoic acid.¹

Human scientific studies using low-dose naltrexone are rare, but many studies have been performed in rats. These studies have allowed us to understand the exact mechanism to LDN's benefits. LDN has shown to have a suppressive effect on the central nervous system microglia cells. This results in a reduction of the production of inflammatory cytokines and neurotoxic superoxides.² It is postulated these effects are not mediated by the drug's opioid receptor activity, but instead its activity on toll-like receptor 4.² Activation of toll-like receptor 4 leads to a release of inflammatory modulators, while antagonizing it as LDN does can have the opposite effect.

One study, published in 2009, boasted positive results when treating fibromyalgia patients with LDN (doses of 3-4.5mg) for their chronic pain. In this

single-blind, placebo-controlled, cross-over study, researchers saw a 30.2% reduction in symptoms during LDN treatment over and above placebo.² The symptoms which were most impacted by the drug were average pain, fatigue and stress.² It was recognized in the study that higher baseline erythrocyte sedimentation rate (ESR) levels directly correlated with a positive response to the LDN therapy. Higher ESR levels are indicative of an increased inflammatory response which may be due to many different diseases or factors. Whether these patients had Lyme disease is not known, however, the results may still be transposed to a patient suffering from chronic pain due to Lyme disease as the mechanism for the pain is the same. Similar to other studies with LDN the time to peak effect was 28 days.² It should also be noted that LDN was very tolerable showing few side effects. The most frequent side effects seen with LDN are vivid dreams and trouble sleeping. These side effects are generally transitory and disappear in a few days after tapering.

It has been recognized that in many diseases, including Lyme, the body may be lacking endorphins. LDN therapy has been shown to boost the immune system by increasing these endorphins.⁴ This therapeutic effect is thought to be achieved by increasing the body's production of beta-endorphin and met-enkephalin.⁴ Both are

important regulators of the immune system. These endorphins can increase the circulating quantities of natural killer cells and lymphocyte-activated CD-8 cells, both of which are important to immunity.⁴ They also help regulate the t-helper 1 (th1) and t-helper 2 (th2) balance.⁵ Th1 is responsible for helping the body fight chronic diseases while th2 is responsible for autoimmune and allergy-like responses. LDN helps to promote th1 while suppressing th2.⁵ It is this dynamic which may help to improve Lyme patient's immune function. It may be especially beneficial in those patients with Lyme disease and an autoimmune disease. In addition to endorphin production being helpful for immunity, it also serves as a natural pain killer.⁴

LDN seems to be a viable and beneficial option for Lyme patients. Many Lyme patients are plagued with chronic muscle and joint pain, which may be relieved by LDN. Not only that, but LDN has shown improvements in patients' energy levels. The immunological benefits will be advantageous for Lyme patients since they frequently suffer from co-infections. With a limited side-effect profile, LDN is a low-risk medication worth trying.

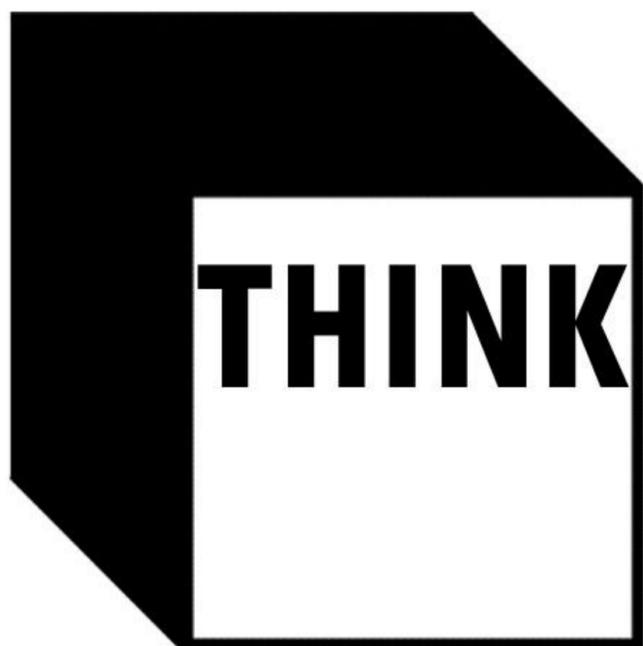
LDN is a specialty drug that must be compounded. It can be compounded into a topical cream, an oral solution, or capsules. However, it should never be compounded with any sugar and/or additives

that might be detrimental to patients.

For more information on how LDN might be beneficial for you, call Community Compounding Pharmacy at (410) 749-1899 or send your inquiry to compounding specialist, Melissa Ruark at melissa@communitypharmacymd.com.

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“Brighton Baby” ...cont'd from pg 5

4. Folate, B12 Levels. If the GSH/GSSG Ratio is low, you can test for folate and B12 levels. If either of these levels are also low, this can indicate a need for these key nutrients, which are both precursors to glutathione. Consider taking both methyl folate and a food sourced folic acid supplement, as well as a sublingual B12 supplement.

5. MnSOD. If MnSOD (manganese superoxydismutase) levels are low, look to hair analysis tests to confirm a manganese deficiency. If deficient, begin taking manganese and eat foods that support the liver.

6. Copper SOD/Zinc SOD. Another key copper-zinc ratio that can be tested. If the ratio is high, this can indicate a copper-zinc imbalance.

7. Dopachrome. If dopachrome levels are elevated, look for a corresponding high copper-zinc or iron-zinc ratio as well as elevated serum glutamate levels. To temporarily address elevated dopachrome levels, take a comprehensive food-sourced vitamin E supplement, and both a food sourced and liposomal vitamin C supplement. In addition, begin taking zinc and eating foods rich in zinc and selenium. Reduce your intake of wheat, MSG, and other foods that may trigger elevated glutamate levels. If glutamate levels are high, consider a liposomal GABA supplement to counterbalance the effects.

8. Nagalase. If nagalase levels are elevated, it indicates the presence of a serious chronic infection in the body. According to groundbreaking research being carried out by Dr. Jeffrey Bradstreet, some 80% of autistic children tested have elevated levels of nagalase. If you or your partner have elevated nagalase levels, it is important to postpone conception until these levels can be brought under control. A

therapy called GeMAF shows promise in getting nagalase levels, and therefore the underlying chronic infection, under control.

9. Omega 3-to-6 Ratio. If the ratio is less than 1:3 (e.g. 1:20), then increase your intake of fats rich in omega 3, omega 7, and omega 9 such as: organic grass-fed butter oil, fermented cod liver oil, seabuckthorn seed oil, unfiltered cold-pressed organic olive oil, black currant seed oil, freshly ground flax seeds, and hemp seed butter and oil.

In addition to testing the relative levels of the above "birth defect markers", Brighton's Phase 2 Preconception Health Assessment includes a comprehensive organic acids test. Fortunately, a simple comprehensive urine test is available through Metamatrix Laboratories and SpectraCell that can assess the overall health of your metabolism before you and your partner conceive.

Here is how it works. Levels of certain organic acids (called analytes, metabolites, and end products) produced within your body as part of your metabolism can point to underlying nutrient deficiencies, pathway imbalances, or toxicities.

When key organic acid levels are either low or elevated, it may suggest that you need to add certain foods, vitamins, amino acids, or minerals to your diet.

Here are some of the insights that can be gathered from an organic acids urine test.

1. If orotate levels are high, it may indicate a need for L-arginine or L-citrolene.

2. Elevated levels of ?-ketoglutarate may indicate a need for CoQ10, or one or more of the B vitamins.

3. Elevated levels of succinate, fumarate, malate, or hydroxymethylglutarate (HMG) additionally indicate



Roy Dittmann, OMD, MH

that a CoQ10 deficiency may be present.

4. If HMG levels are low, it may indicate that there is a deficiency upstream. In order to keep the Krebs cycle moving optimally, supplementation with CoQ10 (as ubiquinol) may be indicated.

To learn more about how to prevent birth defects and to enhance your future child's potential before conception, pick up a copy of Brighton Baby book one at BrightonBaby.com or through Amazon.com, and register for a free webinar, "Conceiving Your Extraordinary Baby in a Toxic World", at BrightonBaby.com.

Roy Dittmann, OMD, MH is the author of the just released book, "Brighton Baby: A Revolutionary Organic Approach to Having an Extraordinary Child - The Complete Guide to Preconception & Conception" (1060 pages; Balboa Press, a division of Hay House; BrightonBaby.com). Dr. Dittmann has dedicated

his professional life to evolving an integral organic approach to prevent birth defects and optimize fetal brain development during the perinatal period - the most powerful time to impact human development. He had the unique opportunity to study with several modern day native and indigenous cultures, where he uncovered a common maternal lineage, which included herbal, probiotic, dietary, and lifestyle wisdom absent from our post-modern culture. He found that the women and men in these cultures did not have the same reproductive conditions seen in the Western World. Aspiring to integrate this perinatal wisdom with modern trends in reproductive and perinatal medicine, Dr. Dittmann developed The Brighton Method to provide couples with practical solutions for realizing their goal of having an extraordinary child. Throughout his career, he founded two biotech companies based on a series of natural drug delivery systems, was featured in Vogue maga-

zine as a doctor to the stars, was an Official Team Doctor in the Olympics, and co-published two book on early human brain development. In addition, he consulted with the Chinese and Romanian Ministers of Health, as well as Ukrainian Health Ministry officials on the creation of their perinatal programs. Dr. Dittmann is the father of four, including a son diagnosed at the age of five with Aspergers Syndrome and Sensory Integration Disorder (now referred to as an Autism Spectral Disorder or ASD). Dittmann oversaw his son's health and succeeded in resolving his son's condition within six years. As early as the late-1980s, Dr. Dittmann forewarned health professionals that our existing diet and lifestyle trends would lead to an exponential rise in autism, ADD, birth defects, and infertility. His Brighton Baby book series is designed to coach couples on how to reverse these trends and conceive, birth, and raise extraordinary children... organically. *pha*



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“Save My Life” cont'd from pg 1

"With passionate emotional honesty interlaced with touches of humor, This is How I Save My Life exposes the stark realities of Lyme Disease and takes us on one woman's journey of desperation, hope and survival against all odds. Amy's story needs to be told. She's truly an enlightened voice of inspiration for those suffering from chronic illness." - **Joanna Kerns, Actress**

and Director

Armed with the self-created motto "When life kicks your ass, kick back," a fiery young woman with a debilitating and misdiagnosed disease travels to a tiny clinic in India for a controversial embryonic stem cell treatment. Get lost in a magical country of vibrant colors and mouth-watering curry, where sacred cows line the rambunctious streets

and the symphony of honking horns never sleeps.

Entertaining, funny and inspirational, this is a no holds-barred story that will inspire you to follow your heart and maybe even see your life in a whole new way. On the journey to save her miserably failing body, Amy finds a world of cultural mayhem, radical medical treatment, and most importantly, a piece of her life that

she never even knew she was searching for.

While Amy's story is an honest but humorous look at her adventures with Lyme disease and other chronic health failures, this book is so much more than a story of disease and treatment. It is about the spiritual journey of healing and the pilgrimage of life.

One part India travel memoir, one part soul-

searching adventure and two parts pure inspiration, it will draw you in and make you believe in your own ability to succeed. This story of sheer determination is for anyone who believes in--or doubts--the existence of miracles and the infinite power of self-healing. *pha*

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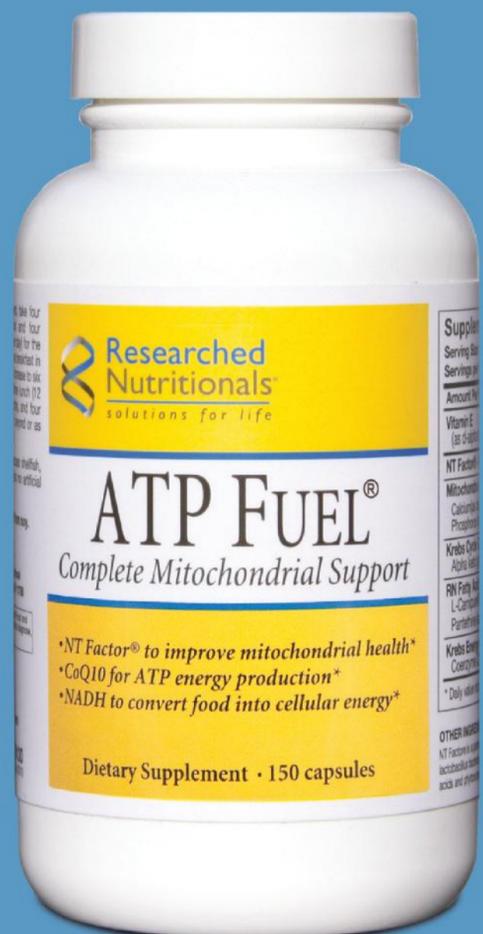
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