



Dr. Robert Jay Rowen's

# SECOND OPINION

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## HEALTH NOTES

### **Can Herbs and Spices Really Stop Diabetic Cataracts?**

If you have diabetes, you really have to watch out for cataracts. The eye disease is a major complication of diabetes and can lead to blindness. While surgery can remove the cataract, it's better to avoid them altogether. Fortunately, there's a tasty way to do it.

A recent report detailed how some of your favorite culinary herbs and spices can stop diabetic cataracts. But before this study will make sense, you have to know why cataracts are a problem for diabetics.

One of the biggest complications of diabetes is inflammation. High blood sugar damages tissue, which promotes inflammation. The excess glucose also can link to proteins (called "glycation") in your blood vessels, red cells, and tissues. That causes thickening, slowing circulation, and reduced oxygen delivery. And glycation is a factor that can lead to cataract formation!

Back to the study. The researchers in this study found that spice and herb extracts inhibited glycation. While the spice extracts tend to work better than the herb extracts, the real factor was the total phenolic content of the product. I've told you about phenolics (or phenols) in past issues. They are the incredible flavonoid phytochemicals in plants.

The most potent glycation inhibitors included extracts of cloves, ground Jamaican allspice, and cinnamon. The most potent herbs tested included sage, marjoram, tarragon, and rosemary.

Cloves have phenolic levels up to 30% of dry weight. Cinnamon up to 18%.

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## **Breakthrough Treatment for Prostate Disease**

Did you know that over 90% of men who reach the age of 70 will have some sort of prostate disease? This can include prostatitis, enlargement, or cancer. And all of them are serious problems.

Prostatitis, inflammation of the gland, affects 50% of men sometime in their life. It's extremely common in men of all ages.

BPH (benign prostatic hypertrophy) is non-malignant enlargement of the gland. By age 60, it affects more than half of all men. By 70, it affects 90%.

Prostate cancer is the most common non-skin cancer among men in the U.S. There were 218,890 reported new cases in 2007 alone. Over 27,000 men reportedly die each year of the disease. One in six men will get it. New cases are rising very rapidly.

But what if I told you there's now an amazing new treatment that can dramatically reduce the symptoms of all of these diseases? And what if I told you that it can even cure some cases of prostate cancer?

Well, there is such a treatment. No, it's not a pill. Nor is it a Big Pharma drug, surgery, or high-tech device. In fact, you can do this breakthrough treatment of the decade in the comfort of your own home.

What may really surprise you, though, is that this treatment is identical to one you would use to prevent heart attacks.

The treatment is our old favorite chelation therapy. That's right! The powerful heavy metal detoxifier that works wonders for your heart also treats prostate disease.

But you don't have to go to the doctor to get an IV.

## HEALTH NOTES ... continued

Contrast that to my favorite fruit, blueberries, which have 5% phenolics by dry weight. Cinnamon actually improves glucose tolerance. Now we see that the phenolic content of plants also protects you from high glucose damage.

Because phenols are the key factor in preventing diabetes and cataracts, it's vital you eat plenty of plants, including vegetables, fruits, herbs, and spices. But there's another way you can get even more phenols than anywhere else. It's Seanol.

Seanol is a patented extract of phenolics from the brown seaweed *Ecklonia cava*. It provides dramatic protection for vascular disease, inflammation, lipids, glucose, and weight control. And this particular flavonoid has a more complex and rich phenolic ring structure than any other known flavonoids. So it can protect you against diabetic complications, including cataracts, better than any other product.

To get the protection Seanol offers, simply take the supplement Fibroboost from Advanced Bionutritionals (800-728-2288). It is the most potent concentration of Seanol on the market. And it's one of the few supplements I take regularly! Take two tablets, three times daily. That's enough to give you maximum benefit.

Ref: *J Med Food*. 2008 June;11(2):275-81

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And you don't have to take it orally. No, the delivery system is easy to do for everyone. I'll explain it in a moment.

How can chelation help your prostate?

There's a growing body of evidence that biofilms of calcium accumulate in the prostate. These deposits can provide a nesting place for infection and inflammation, just like calcium deposits elsewhere.

There also is good evidence that calcifications occur in tandem with toxic heavy metals deposition. Calcium belongs in your bones and teeth, not your soft tissues.

We know that soft tissue disease, including prostate disease, is associated with increased calcium. Your prostate in particular is mineral sensitive. It needs zinc. But zinc is easily displaced by the toxic minerals cadmium and lead. Lead is associated with calcification in your arteries and brain. Furthermore, heavy metals can play a role in cancer as well.

So it makes logical sense that if you could reduce calcium and heavy metals in your prostate, you could reverse or prevent prostate disease. And that's exactly what chelation therapy does — it removes heavy metals.

The significant accumulation of EDTA in your prostate could help it eliminate minerals that destroy the organ's function. EDTA grabs and removes both lead and cadmium. Getting rid of the heavy metals will allow your prostate to heal itself.

There's one problem, though. EDTA is notorious for poor absorption. I love oral chelation. It's cheap. But it nets only 2-5% absorption at best. For many illnesses, this is adequate. But for the prostate, it doesn't do much. Intravenous EDTA is the gold standard. Obviously, 100% of it is absorbed. But it's expensive, requires a trip to the doctor's office, and you have to stick a needle in your arm.

That leaves one more delivery system — a suppository. Chelation by suppository? I know it doesn't sound like the most pleasant treatment. But trust me, it's not as bad as it sounds. In fact, it doesn't hurt at all. Most people get used to it very quickly. And it works!

At a recent conference, I met with Rita Ellithorpe, MD. She has been using EDTA suppositories as her mainstay of chelation therapy for over 10 years. She's treated thousands of patients. While visiting with Dr. Ellithorpe, she handed me an article she wrote about a study she conducted. When I saw that it was on prostate problems, and provided absolute proof as to the absorption of EDTA from suppositories, my eyeballs about popped out. This

was the proof for which I had been looking for four years.

Dr. Ellithorpe's team took 31 men, ages 41-73 (mean age 61). Twenty-four had evidence of mild to severe BPH/prostatitis. Seventeen had prostate cancer. Ultrasound evaluation confirmed 30 calcifications in the group.

The researchers graded the men on symptoms by an internationally accepted scoring system. Let's look at how they fared. For symptoms of prostatitis: pain intensity dropped from 5.0 to 2.85; and urinary symptoms dropped by about one-third (from 3.4 to 2.6). Problems in quality of life dropped by about 25%. And it reduced total symptoms by about a third.

The results for benign prostatic hypertrophy were amazing. Dr. Ellithorpe based her scoring on the International Prostate Symptom Score table. Here are the results: Incomplete emptying of the bladder fell from 1.7 to 0.9. Frequency fell from 3.5 to 2.8. Intermittency fell from 1.6 to 1.0. Urgency from 2.2 to 0.9. Weak stream dropped from 2.25 to 1.25. Straining from 0.7 to 0.5. Nocturia from 1.8 to 1.6. Quality of life improved 23%. Total mean score from 12 to 7.1. Five of these eight scores were statistically significant.

Seven out of 15 men had improvement in erectile function, though this was not statistically significant.

So why does chelation therapy for prostate work so well? To discover that, Dr. Ellithorpe did animal studies on rats. Her team administered radioactive labeled EDTA both by rectal suppository and by IV. Rita's group determined overall absorption by the rectal route was 36.3%. Obviously, the suppository doesn't get absorbed as well as the IV. But it does have one huge advantage.

The rectal absorption was slower. As a result, EDTA was present in the rats' blood long after the EDTA by IV administration was gone. Therapeutic levels were still present eight hours later. IV EDTA was gone from the blood just two hours after the therapy.

The prolonged presence could allow for greater tissue penetration. And, in fact, Dr. Ellithorpe proved it. They found EDTA concentrations in the prostate of the animals four times greater than with the IV route. That's what impressed me so much.

Rectal chelation is a great way to direct EDTA next door to your prostate. The data shows it works, and that clinical benefits follow.

Dr. Rita Ellithorpe and her colleagues have made a wonderful contribution to medicine. The 36% absorption

## HEALTH NOTES ... continued

### **Powerful Nutrient Lowers Cholesterol and Triglycerides Better Than Drugs**

Thanks to new research on animals, there's exciting evidence that one of my favorite nutrients can lower your cholesterol. In fact, this evidence shows that it can lower your cholesterol even better than drugs.

But it's even better than that. This nutrient not only lowers your cholesterol, but it also lowers your triglycerides. Now that's impressive! High triglycerides are difficult to lower.

In a new eight-week study, researchers studied the cholesterol levels of hamsters. They divided the animals into two groups. They fed the first group resveratrol. The second group took a drug called fenofibrate, which reduces cholesterol absorption. The hamsters that took resveratrol had significantly reduced serum cholesterol, serum triglycerides, apolipoprotein B (ApoB), Lp(a), and cholesterol ester transport protein. All of these are significant risk factors for heart disease.

But the news gets better still. Resveratrol also increases Apo A-1 and the Apo A-1/Apo B ratio. Apo A-1 reduces your heart attack risk!

And, if that's not enough, there's more.

Compared to the drug group, the hamsters that took resveratrol had much less cholesterol and triglycerides in their livers. And it also reduced their genetic expression of the enzyme responsible for making cholesterol. That means the nutrient caused their DNA to direct the liver to set a lower point for cholesterol levels.

Here's what that means: Rather than taking a drug to inhibit your cholesterol-making enzyme, resveratrol may turn down the amount of the enzyme naturally. That way, you'll have less cholesterol, but you won't impair the enzyme, as statins do. The cholesterol-making enzyme is of critical importance in your brain. And, it makes the all-important heart nutrient CoQ10.

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The only problem with this study is that it was in animals, not humans. But considering all the great information on resveratrol that I've told you about, this fits in quite nicely. Everything we've seen resveratrol do in animals has transferred over to humans. So there's little reason to doubt its ability to do all this.

Please consider resveratrol long before you consider a drug for cholesterol. I suggest 100 mg, two to three times daily. Then get your cholesterol level checked after at least eight weeks.

One of the best resveratrol products on the market is Advanced Resveratrol Formula. You can order Advanced Resveratrol Formula by calling 800-728-2288.

<http://www.wdexpo.org/category/dairy-business/>.

### More Evidence Against Cell Phones

Evidence continues to mount proving the dangers of cell phones. Last month, I told you information that frightens even me — that cell phone radiation physically disrupts your DNA.

Now the prestigious Karolinska Institute of Sweden and our own Wayne State University finds cell phone exposure delays and reduces sleep, and causes headaches and confusion.

The scientists studied 35 men and 36 women aged between 18 and 45. The researchers exposed the participants to radiation equal to that of a cell phone. The participants took longer to enter the early phase of deep sleep. They spent less time

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of rectal EDTA blows away the 2-5% absorption of oral EDTA. And it stays in the blood longer than the IV. So it is possibly the absolute best way to get chelation, especially for the prostate — but also for the entire body.

Now, let's look at the cost. IV chelation at maximum dose averages over \$125 from my informal surveys. The rectal EDTA comes in the product Detoxamin. The maximum dose of EDTA given via IV is about 3,000 mg. Since Detoxamin is 36% absorbed, you would need about 9,000 mg (12 suppositories of 750 mg) to get an equivalent home treatment. The price of the non prescription form of Detoxamin for this amount would be only \$95. And it would save you the time and cost of travel to your doctor.

Part of Dr. Ellithorpe's protocol included the antibiotic tetracycline (500 mg taken orally at night), which she gave at the same time as the suppository. Many doctors believe that there is a tiny bacteria called nanobacter that participates in calcifications. The kills this bacteria. You can't get it without a doctor's prescription. Even if your doctor won't consider providing it for you, Dr. Ellithorpe strongly believes that the Detoxamin preparation is key to the improvement.

The 1,000 mg suppositories are sufficient for up to 160 pounds. If you are much heavier, or simply want a higher dose suppository, you'll have to consult with a doctor who is a distributor for the company. That, though, will add significantly to your cost.

## Beat Sinus Infections Without Antibiotics

If you are one of the 25 million Americans who get sinusitis yearly, this report should hit home. While the commonly accepted treatment of acute sinusitis — antibiotics and steroids — is anything but effective or scientific, there are alternatives that work wonders.

A recent *Journal of the American Medical Association* study followed 240 patients. They had "properly" diagnosed sinusitis. The researchers randomized them to one of four seven-day treatment groups. These included

antibiotic alone, steroid alone, both antibiotic and nasal steroid, or placebo. The nice part about the study is that the researchers gave all of the patients two medicines. They received both a pill and a topical preparation. However, they didn't know if either or both were placebo or the real McCoy.

Now get this: The researchers found that neither the active antibiotic nor the steroid alone or in combination was effective!

Why don't antibiotics work? One reason is that sinusitis, like many infections, can have mixed organism culprits. Viruses and fungi are not susceptible to antibiotics. In fact, antibiotics and steroids can make these infections much worse.

In December 2007, Terri and I traveled to India. I developed an upper respiratory infection. Terri always packs up a supply of remedies. I sprayed silver hydrosol (Sovereign Silver) into my nostrils. I took loads of high-quality natural-source vitamin C (Pure Radiance C). I also shined a cold laser (888-696-6532) into my infected sinuses. Recovery was fast!

If I was home, I would have added oxidation therapy. If I were concerned about fungal origins, I would likely have added oil of oregano (Biotics ADP one to two tablets, three times daily) and olive leaf extract (d-Lenolate — one to two capsules, three times daily). These are also great for bacterial infections. Nebulized silver hydrosol can go a long way to resolve the problem as well. Silver will attack all microorganisms and this brand is harmless to you. These products (and vitamin C) are available at most health food stores or online.

If you don't have access to oxidation therapy from an integrative physician, you might consider a home brew. Many patients have told me of fast relief. They dilute common grade 3% peroxide to 0.1% (30 ounces of water to one ounce of hydrogen peroxide) and use it in a humidifier or vaporizer.

You can speed up the clearing of your sinuses by saline rinses. Mix one-fourth teaspoon salt and one-eighth teaspoon baking soda in four ounces of warm water. Use a bulb syringe or NetiPot (877-477-8633 or neilmed.com) to wash out your nose two to four times daily.

Quercetin is one of my favorite immune-boosting and anti-inflammatory substances. It's not like immune-suppressing topical steroids. This natural bioflavonoid can decrease mucus production and swelling by blocking the release of histamine from your immune cells. Consider

## HEALTH NOTES ... continued

in the deepest phase. It was a blinded study. The participants were unable to tell if they had been exposed to radiation in the test, even those who claimed that they were electro sensitive. That lends a lot of credibility to the study.

The scientists concluded: During laboratory exposure to 884 MHz wireless signals, components of sleep believed to be important for recovery from daily wear and tear are adversely affected."

Of course, the industry denied everything, saying the "results were inconclusive." The researchers did not claim that exposure "caused sleep disturbance." That was from the Mobile Manufacturer's Forum. They sponsored the study.

But the honest leader of the study said, "We did find an effect from mobile phones from exposure scenarios that were realistic. This suggests that the radiation has measurable effects on the brain." His concern is that the radiation may activate the brain's stress response. That's akin to a small amount of stimulant in you, perhaps like cocaine or amphetamines. These, too, cause sleep disruption.

Sleep is when your body repairs, detoxifies, and rejuvenates. Failure to get enough can lead to mood and personality changes, grouchiness, ADHD-like symptoms, depression, lack of concentration, and poor academic performance.

This is not the first study to connect the dots from cell phone radiation to sleep disorders. Dr. Chris Idzikowski is director of the Edinburgh Sleep Centre. He says that there are a large number of reputable investigators confirming the same thing.

A massive study followed 1,656 Belgian teenagers for a year. It found most of them used their phones after going to bed. It concluded that those who did this once a week were more than three times as likely to be "very tired." And those who used them more often were more than five times as likely to be "very tired."

This problem is growing like an avalanche. And to top it off, WiFi (wireless

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## HEALTH NOTES ... continued

computer communications) is popping up everywhere. This includes communities like my own neighborhood, where the city council is supporting industry efforts to provide free WiFi in the downtown area. One can only imagine the long-term consequences of this move, since it often takes many years for even a chemical toxin to manifest. Radiation could take longer, yet we are seeing immediate effects now that we are looking for them.

This is happening around the country. Please contact your elected officials now before the infrastructure of WiFi is added to your community. The Feds have already stuck the knife in our backs. Federal law provides immunity against you suing local officials if the radiation they expose you to falls within Federal guidelines. So your recourse, even after you are damaged, has been neutered.

The only thing left is to block it in the first place. Make sure you avoid any wireless devices as much as possible. This includes cell phones, cordless phones, pagers, and computer wireless. It's impossible to avoid it completely. But you can take steps to rid your home of them.

Ref: Massachusetts Institute of Technology's Progress in Electromagnetics Research Symposium.

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### ***In between our monthly visits, be sure to check in online!***

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500 mg, two to three times daily. Quercetin can also be taken as a dietary supplement.

Two to six oral drops daily of SSKI (super saturated potassium iodide solution — available by prescription) or one to two drops by mouth of Lugol's Solution (available online) can thin out secretions and assist your white blood cells in destroying invaders.

Ref: *JAMA*, December 5, 2007.

## ***Are Chickens Poisoning You?***

Would you ever believe that you could get arsenic poisoning from chickens? I didn't think so either. But new evidence suggests that it's happening. And even if you don't eat chicken, this information is vital for your health.

Apparently, chicken-feed manufacturers have been adding arsenic-based additives to their feed for years. Europe banned these additives in 1999. But they're still legal in this country.

The chemical is Roxarsone, an organic arsenic acid. The manufacturers mix a whopping 2.2 million pounds of it into the food of about 70% of commercial chicken in the U.S. This compound itself is relatively non-toxic. However, the chicken's body converts substantial amounts of Roxarsone into inorganic (highly toxic) arsenic. They release the rest in their excrement.

Partha Basu is an associate professor of chemistry and biochemistry at Duquesne University. He and his colleagues recently reported that certain intestinal germs in chicken feces rapidly transform Roxarsone into inorganic arsenate under low-oxygen conditions. "We see (inorganic) Arsenic created in less than 10 days," Basu says.

As a home farmer, this news is absolutely frightening to me. I used to use some chicken manure as fertilizer in my garden. I have friends who still use substantial amounts. We have been unwittingly contaminating our soil and ground water.

Chicken manure is spread far and wide on farming fields. Donald L. Sparks is professor of marine studies at the University of Delaware. He says that poultry feces is spread on land at the rate of 9 to 20 metric tons per hectare. Each year, he estimates, farmers spread 20 to 50 metric tons of Roxarsone in chicken feces on fields on the

Delmarva Peninsula alone. That's where I grew up. And our family ate lots of vegetables from those fields.

How widespread is the problem? One study found that 55% of the 151 samples of raw chicken in these tests contained detectable arsenic ranging from 1.6 to 21.2 ppb. Nearly three-quarters of the samples from conventional producers had detectable levels of arsenic. Only one-third of samples from certified organic and other premium chicken suppliers had detectable levels.

The good news is that they didn't find any arsenic in samples from Tyson and Foster Farms. Both have stopped using Roxarsone.

Arsenic is highly toxic. It poisons DNA and can cause cancer and organ, neurological, endocrine, diabetes, and immune dysfunction.

I cannot emphasize enough the need to buy nothing but organic. The quality of the products will be much higher and with far less chemicals. Organic chickens don't contain arsenic. Organic farms must use only organic fertilizers. I don't think that commercial chicken manure would be allowed on organic farms due to chemical use in commercial chickens.

And now you have to be careful what you put on your vegetable gardens. Make sure the manure comes from animals that don't receive any chemicals whatsoever.

If you eat a lot of chicken, you might want to do a heavy metal challenge test with a physician skilled in chelation. The best-qualified doctors will be those certified by the American Board of Clinical Metal Toxicology ([www.abcmmt.org](http://www.abcmmt.org)). If you do have arsenic, don't worry, there are many effective ways to detoxify, including the suppositories I mentioned earlier. Your ABCMT physician will be able to offer you other ways that can fit your needs and budget.

Ref: Chemical & Engineering News, April 9, 2007, Volume 85, Number 15 pp. 34-35; *Environ. Sci. Technol.*, 2007, 41, 818.

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

- American Board of Clinical Metal Toxicology —  
For a free list, please call 800-356-2228.
- International College of Integrative Medicine —  
1-419-358-0273 or [www.icimed.com](http://www.icimed.com)
- American College for Advancement in Medicine —  
888-439-6891 or [www.acam.org](http://www.acam.org)

## **HEALTH NOTES** ... *continued*

### **More Proof That This Popular Herb Can Ease Menopausal Symptoms**

If you're bothered by menopausal symptoms, you may have heard that black cohosh can help. The American Indians knew of the herb's wonderful properties for women generations ago. And now there's new evidence confirming its abilities.

A new study followed postmenopausal women for 12 weeks with a black cohosh preparation. Then the researchers followed them for another 12 weeks without the preparation. The women had significant relief of menopausal symptoms on the black cohosh and reversion to problems after they stopped.

The active compounds in black cohosh are triterpenes. The preparation here was 2.5% triterpenes. Better news is that the researchers looked for unwanted hormone-like effects. They found no estrogen markers in the serum, nor did the product have any estrogen-like effects on cells in breast nipple aspirate fluid. That's like a Pap test for the breast.

If you have hot flashes, consider black cohosh before you consider Premarin, other drugs, or even bio-identical estrogen. I've been pleased with the product Remifemin over the years. It's widely available in health food stores and on the Internet. Shop for the best price.

Ref: Ruhlen, R.L., J. Haubner, et al. "Black cohosh does not exert an estrogenic effect on the breast," *Nutr Cancer*, 2007; 59(2): 269-77.

### **Coming Next Month...**

- Now that you know how effective Detoxamin is for prostate cancer, let me show you how this miracle medicine can treat other health problems.
- The surprising treatment for depression that works just as well as drugs — with absolutely no side effects.

## 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:

### **Second Opinion Letters**

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

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call his administration in California at 1-707-578-7787 (10 a.m. - 3 p.m. PST, Mon.-Thurs.) for a schedule and rates. All other calls should be made to Second Opinion's Publisher at 1-800-728-2288 (8 a.m. - 6:45 p.m. EST, Mon-Fri.)

**Q:** I have an atheroma. My doctor says it's due to a Chlamydia organism. He wants to put me on an antibiotic. It makes sense, but I'm a little wary. What should I do? — *Ted B., via e-mail*

**A:** You should be wary. A few years ago, we saw a flurry of medical reports on this possible infectious connection to vascular disease. Big Pharma jumped in hoping its very expensive antibiotic wares would successfully treat heart disease. There's little doubt that Chlamydia organisms play a role in atheromatous lesions. However, please do not think that means this is an easy way to treat your vascular disease. Studies conducted on antibiotic therapy have demonstrated possible effectiveness in the very short run (a few months). But there's no significant

results from antibiotics over placebo in the long run. Furthermore, it appears the short-term improvement may be secondary to other properties of antibiotics, namely the ability of some of these chemicals to reduce inflammation.

That said, in this issue I told you about Detoxamin. Many doctors believe that calcium in arteries is caused by the nanobacter I mentioned. They are using EDTA chelation (Detoxamin) together with tetracycline as Dr. Ellithorpe recommends. I'm hearing of highly significant improvement in many. Given the failure of conventional antibiotic therapy for Chlamydia, I'm more favorably inclined to use Dr. Ellithorpe's combination protocol for arterial calcification as well as organ calcification.

From my perspective, Chlamydia (or most other infectious agents) that are involved with vascular lesions are secondary. A primary event needs to occur to injure the inner lining on the blood vessels. Once they're injured, cholesterol, lipids, and other particles can migrate in. Immune cells likewise will move in, some of which may be carrying Chlamydia or other pathogens from past infections. So Chlamydia may be merely an opportunistic invader, contributing just a little to the already established disease process. That means antibiotics won't prevent a heart attack. But they can be helpful when used with Detoxamin.

There are many other ways to lower the inflammatory process, which I've told you about in these pages. Seanol, which I discussed on page 2, is just one example. You can also use curcumin, omega-3 fatty acids, and other antioxidants.

Ref: *JAMA*, December 4, 2002.

**Q:** I have genital warts and haven't found anything that will clear them. Do you have any suggestions? — *D.A., via e-mail*

**A:** Yes, I do. And it's great news for you and for all readers of **Second Opinion** — even if they don't have genital warts.

A study conducted two or three years ago found that a green tea ointment can clear genital warts. At the end of a 16-week trial, almost 60% of the patients treated with either a 10% or 15% green tea ointment had complete clearing of their warts compared to only 34% in the placebo group. And of those still with warts at the end of the 16-week trial, 80% had more than a 50% clearing.

So why should this interest those who don't have genital warts? Let me explain. This same ointment can clear premalignant skin lesions from sun damage (actinic keratoses or AK). The ointment — polyphenon E — comes from Germany (available online). It looks like the oral extract may work on a number of conditions, including colon, lung, urinary, bladder, and mammary cancers.

The main ingredient in the green tea extract is EGCG, a complex bioflavonoid known to induce apoptosis (cell death) in human cancer cell lines. Green tea, as you know, is one of my most recommended supplements and the only drink I recommend other than water.

Green tea extracts are readily available. This ointment did cause some skin irritation, but only 1% of the study population had to discontinue using it because of this. Since green tea compounds are soluble in water, I'm hoping a compounding pharmacist will be savvy enough to consider taking the extract and making a preparation in dilute DMSO for topical application. It might just prove to help with some stubborn skin lesions that don't respond to conventional methods.

Ref: *Family Practice News*, July 1, 2005.