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WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

BALANCE AND CROSS-CRAWL

"If you are notoriously uncoordinated, you might be able to blame it on the lack of 'creeping and crawling' you did as an infant. Many parents innocently enter their children into a 'whose baby can walk first' contest. Unfortunately, if you were entered in this contest, you may have been short-changed in the exercise of crawling. This is unfortunate because crawling is a wonderful practice that encourages brain development and coordination.

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Are you having problems with your balance? Most of us take good balance for granted. But balance is best in your twenties, begins to go downhill in your thirties, and takes a sharp decline

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in your sixties. Balance problems can range from nuisances to deadly, as many seniors with them fall, end up in the hospital, and never make it out.

As we get older, there are generally five most common causes for balance problems. (1) The first and most common is prescription drugs. Millions of seniors are stumbling around, dizzy, fainting, and out of balance, thanks to their prescriptions. (2) Next is neuropathy (numbness), caused by nerve damage, often from diabetes. With neuropathy there is not the proper connection between the nerve receptors in the feet and ankles and the brain. This makes it difficult to know just where you are in space. (3) The third cause is poor vision, which naturally impairs balance. (4) Next is inactivity and resultant weak muscles. You simply cannot maintain good balance without some exercise. (5) Finally, the last cause is an inner ear problem. The inner ear plays a role in balance, and when inner ear function goes awry, imbalance can become severe.

The three major causes—prescription drugs, neuropathy and diabetes, and inactivity and muscle weakness—can all be addressed with great resultant improvement in balance. Naturally, first you must get to your drug book to look up all your prescriptions, and then get to your doctor to discuss weaning, quitting, or switching drugs that cause imbalance and dizziness.

And ironically, inactivity and lack of exercise is one of the major causes of diabetes and resultant neuropathy, as well as muscle weakness. So weight-bearing exercise, preferably weight lifting, is essential to improve balance if you suffer from diabetes and/or muscle weakness or *sarcopenia*—a nonsense “disease” that we used to call *failure to thrive* (see “Sarcopenia, the New Disease,” *Health Alert*, Vol. 23, No. 5). In these cases you need to start weight lifting while addressing your high blood sugar.

For exercise and weight lifting, the best thing you can possibly do is to practice the *Slow Burn Fitness Revolution*. Get a copy of the book by the same name authored by Frederick Hahn. It will not only help you get strong, lower your high blood

and gluten, and then you add in cod liver oil and butter oil, you will be on your way to arthritis relief.

The best way to do this is simple. Eat a low-carbohydrate Mediterranean diet with one-third of your food raw. Perhaps the best book on this subject is *The GI Mediterranean Diet*, by Fedon Lindberg, MD. Then supplement with CLO and butter oil. Make sure you do not substitute for the real thing. Green Pastures makes whole, raw, fermented CLO as well as real butter oil that is high in Activator X and vitamin K2. Take 3-4 capsules of CLO and butter oil daily. With severe cases, patients do well with up to 12 butter oil capsules daily.

Really Severe Arthritis

If this is your condition, you will get better with CLO and butter oil. But your joints have probably deteriorated, and you will need the *osteofactor nutrients* to actually rebuild cartilage and bone. Raw bone supplements (*Calcifood Wafers or Powder*) make up the mainstay of the osteofactor nutrients. I recommend 6-9 wafers daily, or two heaping tablespoons of the powder in a daily smoothie.

Calcifood is a remarkable product and the only true *raw bone supplement* available anywhere at any price. Made by Standard Process, it is whole raw bones with the marrow and all its nutrients, formed into a powder. Raw bones are placed in a patented sigmoid dryer with defatted wheat germ to help absorb the grease from the marrow. The remaining bones are ground into a fine powder. All this is done without heat or chemicals, which allows it to retain its life force and the nutrients of the whole raw bones. There is simply no other product like this.

Other bone meal products are made from bones that cost a few cents a pound. They are industrially processed and boiled for weeks. The remaining bone is just about sterile. It is indigestible, contains nothing your body can utilize, is more like sand than anything else, and is not even useful as a fertilizer. Made for pennies, these products are sold at high prices as nutritional supplements and bone meal. In fact, these products are worthless, and you are wasting your money if you purchase them.

The combination of Calcifood plus CLO and butter oil is excellent for the arthritic person. Within a few months of starting this protocol, and eliminating inflammatory foods from your diet,

you can be on your way toward healthy joints.

If your arthritis is truly severe and of long-standing, you will need to add the final few osteofactor nutrients to this protocol. Simply refer to my *Encyclopedia of Pragmatic Medicine* (page 51) to get the full protocol. It is all explained in my article, "End Your Joint Pain." You can get an *Encyclopedia* for free with your new, renewed, or extended *Health Alert* subscription. If you simply cannot get this invaluable book, just send a self-addressed, stamped (with two stamps) envelope and write JOINT PAIN. I will rush you a flyer with my article for FREE—what a concept! Either way, it is time to stop suffering and start enjoying life—with walks, more energy, light sports, games, playing with your kids and grandkids, even restful, pain-free sleep. Now that's something to look forward to.

THYROID, PROSTATE, AND HEART: WHY ORDINARY VITAMINS FAIL

Unsaturated fatty acids, commonly known as *vitamin F*, were first reported to perform healthy miracles in the body around 1942. It quickly became understood that vitamin F would increase blood iodine (supporting healthy thyroid function), lower blood calcium (sending calcium to the muscles, in particular the heart muscle where it supports a strong, steady heartbeat), increase blood phosphorus (aiding bones, joints, and helping prevent arthritis), and be taken up by the prostate gland to help prevent and treat benign prostate hypertrophy (BPH).

Perhaps the most striking finding about vitamin F was that it could increase blood iodine by 200% in just a few hours, providing the thyroid gland, muscles, heart, breasts, prostate, brain, and more with available (protein-bound) iodine. Additionally it was discovered that by "delivering" calcium to the muscles, in particular the heart muscle, it was able to restore the second heart sound often heard to be weak, or not heard at all with a stethoscope. A tablet or two of real vitamin F could help patients restore the heart's proper contraction and second heart sound within a few minutes.

In addition, vitamin F can restore to balance a condition of excess vitamin D from too much sun. This condition can range symptomatically from simply muscle weakness and cramps all the way to severe life-threatening sunstroke. Six to nine

all over again. Or finally, they will simply let cholesterol go by the wayside and come up with the next blockbuster hypothetical cause of heart problems and a new drug to solve it.

I simply cannot tell what will happen next. And honestly, nothing in the corrupt world of pharmaceuticals surprises me anymore. It does seem to me that about the only thing left unattacked by prescription drugs in cardiology are triglycerides (fatty molecules that circulate in your blood). And since at least one drugmaker (GlaxoSmithKline) is designing a drug called Lovaza® to attack high triglycerides, this may be the future. So instead of being lectured about a cholesterol reading of 220 and forced into taking a statin drug, you may be scared out of your wits about a high triglyceride level and forced into taking something like Lovaza. It is all so predictable.

In this example, your doctor will tell you just what the drug company tells him or her—that “very high triglycerides are a very serious medical condition.” And that “having too many triglycerides in your blood may lead to future health problems,” whatever that is supposed to mean. You will be scared into taking Lovaza or some similar reworked statin drug. Lovaza is the combination of a statin and fish oil in one pill. And it is on the fast track to FDA approval despite the fact that it does not prevent heart attacks or strokes!

Naturally there is no cardiovascular evidence to back up any purported benefits of lowering triglycerides. And high triglycerides are caused simply by the high-carbohydrate American diet, lack of exercise, and too much sugar. But damn the torpedoes (in this case lifestyle changes), full speed ahead with the next reworked cholesterol scam. Perhaps it can give birth to the next 20 years of lies, bloated profits, and prescriptions as one after another molecule or two can be combined with a statin. They can combine flax oil, some synthetic niacin, vitamin B6, vitamin B12, or some other useless nutrient. The possibilities are endless.

What to Do

If you follow my golden rule, you can opt out of the fantasy. My rule is not to take any new drug ever until at least 7 years have passed since its FDA approval. As for high cholesterol, as we have said a million times, this whole thing is a scam. As for the “new” high triglycerides hypothesis, simply cut the carbohydrates and sugars—or better yet, eat

a Mediterranean diet—and exercise.

And if all your blood fats like cholesterol, HDL, LDL, triglycerides and more are out of whack, feel free to drop me a line. I will see that you get the information you need. And for now, this service—one that you cannot even get from your own physician—remains free for subscribers.

POSTPARTUM DEPRESSION KILLS

“Earlier in 2010 the American College of Obstetricians and Gynecologists called for the screening of new moms for depression.

In October 2010 the American Academy of Pediatrics called for the same thing. And I could not agree more. The only concern I have is what to do for the women who screen positive for depression following the birth of their babies.”

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Postpartum depression (deep depression after the birth of a baby) is real, serious, common, and sometimes deadly. Recently in California a new mother threw her disabled 7-month-old infant son off the fourth story of a hospital parking garage, killing him. Her husband does not want her prosecuted for murder because he says that ***she suffered from severe postpartum depression (PPD)***; and that she did not know what she was doing. He didn’t blame his wife and urged the public not to judge her.¹

And whether in this case it is true or not, this is what can happen with severe PPD. All women are nutritionally drained after childbirth because the fetus consumes lots of the mother’s critical nutrients, especially B-complex vitamins, during pregnancy. In the cases of siblings born close to one another, the nutritional drain is made worse after each subsequent birth. The most critical problem brought about by this nutritional draining is ***B-Complex Deficiency Syndrome (BCDS)***. Anyone suffering from this very serious condition can end up critically depressed, even psychotic.

B-Complex Deficiency Syndrome (BCDS)

You see BCDS, especially following pregnancy, is often the root cause of depression, anxiety, paralyzing heart disease, hypoglycemia, anorexia, neuritis and neuralgia, and more. It can cause weakness and fatigue, exhaustion after meals, indigestion and insufficient stomach acid,

ers carried articles mimicking *Health Alert*—that is, clearly blasting the angioplasty, stent, and bypass procedures performed in hospitals as useless. Today these procedures are going full speed ahead on patients who've had a sudden heart attack and on those who have not. These procedures are keeping lots of hospitals financially afloat, bringing in lots of money, providing patients with short-term peace of mind, and breaking the Medicare bank.

One of the only times that immediate angioplasty is needed is when a heart attack strikes. Because of this immediate need, because of the fact that the recession has reduced hospital income, and because of the public's perception about heart attack care, hospitals have speeded up the time it takes from admittance to angioplasty for heart attack patients. You can now be treated for a heart attack in most hospitals within 60 minutes, and even faster in some! The evaluation and treatment remains the gold standard in medicine—find the clot (angiography), bust it (angioplasty), and stent the vessel (mesh-prop the vessel to keep it open).

And indeed, in some cases this can reduce damage to the heart as well as the risk of death. So, by all means get to your hospital quickly when you suspect a heart attack. But understand that in the end, the gold standard in cardiac care is a band-aid treatment that does absolutely nothing to resolve the underlying cause of heart disease, clogged arteries, and heart attacks. The real cause, which is primarily nutritional, is unknown in the worlds of medicine and cardiology.

Heart Attacks: What to Do

You have two choices when you have a heart attack. You can get to the hospital to mechanically open the circulation to your heart with an angioplasty, stent, or bypass. You then go home with a handful of dangerous drugs (usually prescribed for life) to lower your cholesterol and blood pressure, thin your blood, and lower your blood glucose if it is high. All of these will be relatively ineffective at preventing another heart attack, some will cause a heart attack, and most will carry a litany of serious side effects that will transform you into a cardiac invalid. At home you can take your drugs and ignore the need to learn the underlying cause of heart disease and heart attacks. In essence, bury your head in the sand and hope the next one doesn't kill you. This rarely, if ever, works since almost all clogs, stents, or

bypasses re-clog again—often quickly since the underlying cause remains ignored.

Or you can address the underlying cause of your heart attack and actively reverse the heart and blood vessel disease over time. This will reduce your odds of another heart attack as each month and year goes by. Or better yet, you can start to address the underlying cause of your heart and blood vessel disease *now, before you suffer a heart attack*, and preclude this mess altogether—what a concept!

And just what must you do to accomplish this feat? Simply put, you must stop putting things into your body that cause blood vessel inflammation and that weaken the heart muscles and vessels. These include fast and processed foods, lots of prescription drugs (you'll have to look up your medications and get back to your prescribing physician or a practicing pharmacist for a drug review and a drug-weaning or drug-switching procedure), and the usual poisons, such as tobacco, excess alcohol, too much sugar, etc.

Instead, you must put nutrients into your body that will reduce blood vessel inflammation, promote healing within blood vessel linings, and strengthen the muscles of your heart and blood vessels. These are whole nutritional complexes derived from a *whole-foods diet* (the same one that transformed President Clinton from a cardiac invalid to a healthy man). The best way to utilize a whole foods diet is by referring to the book, *The GI Mediterranean Diet*, by Fedon Lindberg, MD. A Mediterranean diet will stop the American-diet attack on your heart and blood vessels, begin to provide the nutrition your heart and blood vessels need, and help lower blood sugar levels if they are high. As a side effect, instead of becoming a cardiac invalid, this type of eating will reverse your biological clock by 10 to 20 years.

Next, you need to supply your body with the whole, raw, natural, live nutritional complexes it craves. These complexes can only be supplied in the form of whole-food concentrate supplements. All other synthetic or fractionated supplements will fail. The best general protocol for the average heart and/or clogged-arteries patient provides all the nutrients necessary as well as the rare nutrients that directly address people with clogged arteries, plaque, and a failing heart.

These nutrients include all the vitamin D fractions in a whole, raw, natural form. They