

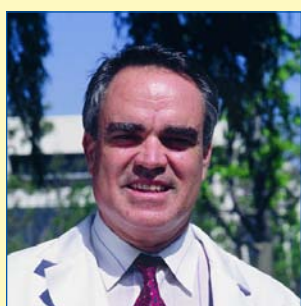
Dr. Julian Whitaker's

# Health & Healing®

*Your Definitive Guide to Wellness Medicine*

COLLECTOR'S EDITION

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*Learn from yesterday,  
live for today, hope for  
tomorrow. The impor-  
tant thing is not to stop  
questioning.*

— Albert Einstein

Dear Reader,

It was 20 years ago this month that the first issue of *Health & Healing* rolled off the presses. Several months prior to that, I had been asked to write a monthly health newsletter with an alternative spin. At that time, the Whitaker Wellness Institute had been in business for 12 years, and it was one of the few clinics in the country that was serious about complementary and alternative medicine. I'd already written two books and was penning a weekly health column in a local newspaper, so Tom Phillips, who owned the publishing company at the time and has since become a good friend, took a chance on me and my provocative message.

## 20 YEARS OF *HEALTH & HEALING*

The initial expectation was that the subscriber base would gradually build up to about 30,000. Against all odds, it shot up to nearly 500,000 in the first year. I'd like to take all the credit, but, like many things in life, a lot of it had to do with timing. Americans were becoming disgruntled with conventional medicine. Marcus Welby, MD, had been replaced by HMO docs who had to see 30 patients a day. People were taking more and more prescription drugs, but feeling worse and worse. They were looking for information about nutritional supplements and other safe, natural therapies because when they asked their own doctors, they were ridiculed or dismissed.

More than 5 million people have read *Health & Healing* over the past 20 years, and these numbers have made us a force to be reckoned with. In the pages of this special anniversary edition, I'll tell you about my clinic, where readers from across the nation—even other countries—have come for treatment. We'll discuss issues subscribers have rallied around, such as protecting access to nutritional supplements and helping physicians who were unjustly persecuted. You'll also read about effective therapies and stories from people just like you who used information from this newsletter to solve their health challenges. That's what *Health & Healing* is all about: helping you on your quest for optimal health.

## Thanks for Sticking With Me

There are many sources of wellness information today. Scores of other newsletters have sprung up in the last 20 years, bookstores are teeming with health titles, and the number of websites devoted to medical issues is overwhelming. With so much advice—much of it conflicting—it's hard to know whom to trust.

I can assure you that what you read in *Health & Healing* is not theoretical. In addition to being backed by scientific studies, the lifestyle recommendations, nutritional supplements, and office-based treatments I write about are the very same therapies we use at my clinic. That's why I can say without reservation that the advice in this newsletter is your best hope for avoiding the pitfalls of conventional medicine, overcoming disease, sidestepping age-related degeneration, and achieving optimal health.

Thanks for sticking with me over the years. I know you have many choices, and I appreciate your patronage and loyalty.

# HOW *HEALTH & HEALING* HAS HELPED READERS

**EECP: #1 Treatment for Heart Disease** When Jake arrived at the clinic, he couldn't walk more than a block and a half without stopping to catch his breath and wait for his chest pain to subside. When his physicians in Canada told him there was nothing else they could do for him, he began exploring his options. He'd read about enhanced external counterpulsation (EECP) in *Health & Healing*, and he decided to call the clinic and come for treatment. Six days and eight EECP sessions later, Jake walked from his hotel to a shopping center three miles away. He stopped once for coffee and directions, but the six-mile round-trip was otherwise uneventful. All the debilitating symptoms his doctors back home had told him he'd have to "live with" were gone!

**Saved My Vision!** "When I was diagnosed with macular degeneration, I was told I would be half blind sooner or later. I read your suggestions and started taking supplements to feed my retina. One year later, my doctor was surprised to notice the improvement and called it a 'miracle.' Today my vision is 20/25. I still drive my car, read, and watch TV. Thank you, Dr. Whitaker, for saving my vision." — J.B., Quebec, Canada

**No More Insomnia!** For more than 33 years, Pola had trouble falling asleep and often awoke during the night. She tried medications, and although they helped, she was bothered by their side effects. So she decided to try melatonin and valerian, which she'd read about in *Health & Healing*, fell asleep within 15 minutes, and slept like a baby all night long. That was the end of her insomnia!

**Bill Beat Diabetic Neuropathy With Lipoic Acid** Bill had diabetic neuropathy and very little sensation in his hands or below his knees. He was constantly dropping things, his left leg dragged, and his coordination was poor. His doctor told him there was no hope of improvement and predicted he'd be in a wheelchair within a year. Acting on advice he'd read in *Health & Healing*, Bill started taking 600 mg of alpha lipoic acid per day. After about two months his coordination improved, the pain in his hands and feet resolved, and his gait normalized. Bill's doctor said he'd never had a patient with neuropathy have such a turnaround.

**Stopped Stomach Problems With DGL** "I started chewing one or two tablets of deglycyrrhizinated licorice (DGL) 15–20 minutes before meals and taking digestive enzymes at the end of each meal. The result was the elimination of acid reflux and heartburn that I had had for years."

— Hortense Rozman, Saratoga, CA

**Roxann Defeated Diabetes** Roxann had been on insulin for 16 years when she came to Whitaker Wellness. She had retinopathy, heart disease, an open ulcer on her right foot, and debilitating neuropathy. She had no sensation



Coco Guardado received hyperbaric oxygen and IV glutathione treatment at Whitaker Wellness for Parkinson's disease. "I haven't used a walker or a cane for months. I'm even dancing again!"



Subscriber Jason Davis weighed 308 pounds, had diabetes and hypertension, and high cholesterol and liver enzymes. Following the program in my book, *Reversing Diabetes*, Jason lost 100 pounds and 17 inches from his waist. He also "lost" his diabetes and hypertension. All his blood tests are now normal.

**Julian Whitaker, MD**, has practiced medicine for over 30 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*.

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in her feet, which made walking without assistance nearly impossible, and excruciating pain in her thighs. Roxann had consulted a dozen physicians and tried scores of different drugs, but nothing helped. She began treatment with EECF and hyperbaric oxygen therapy (HBOT), and within three days, she noticed a return of sensation and a reduction in pain. By the end of her second week, she was walking normally. In fact, she and her daughter cruised around Disneyland for seven hours, then strolled around Catalina Island the next day—a previously unimaginable feat.

**Sugar Healed Wounds** “My wife, who has diabetes, developed large ulcers on her legs. In Dr. Whitaker’s newsletter, we read that sugar would heal diabetic ulcers and other open wounds. We followed his directions, and within two months they had improved a lot. A short time later, they had healed completely. Prior to that she had undergone therapy with bathing and debriding, and the stay at the hospital had given her staph and fungal infections. They told her, ‘Go home and keep your legs elevated or we will have to amputate.’ After the sugar, the ulcers never came back.” — *David Weeks, Smithfield, UT*

**Metabolic Syndrome Under Control** “I have been an avid subscriber for years and a happy, healthy user of your supplements. I have had metabolic syndrome for at least 20 years. I started on your mini-fast with exercise (only a cup of coffee instead of breakfast and no food until lunch). When I began, my weight was 265. Now, less than three months later, it’s 248—a drop of 17 pounds—and I am keeping it off without a struggle, just with a commitment to follow this simple regimen. My appetite is reduced, I rarely even want anything before lunch, and I eat less for lunch and dinner as well. I have no doubt I will reach my weight loss goal within several months. Thank you for showing me the way to manage my metabolic syndrome.” — *H.N., Atlanta, GA*

**Anxiety and Panic Attacks Alleviated Naturally** Elizabeth began suffering bouts of anxiety in her 20s. They were particularly intense at night. She’d lie in bed, short of breath, with her heart beating so hard and erratically that she thought she was having a heart attack. When Elizabeth told her doctor about this, she prescribed Xanax (a tranquilizer) and Paxil (an antidepressant). For years she was on this regimen, yet she continued to feel nervous, worried, and occasionally outright panicked. Then she tried gamma-aminobutyric acid (GABA). This supplement stopped her panic attacks, took the edge off her anxiety, and left her feeling calm and relaxed. She reports that it even helps with her fear of flying, and she can now travel without popping Xanax.

**Dilantin Eradicated ADHD** “I used to take high doses of Ritalin, Prozac, Tegretol, and Klonopin to treat my ADHD. But since I read your article on Dilantin, I’ve been able to replace all of those meds with 100 mg of Dilantin daily.

It truly is a miracle of miracles. I’ve shared your article with many friends and family members who have benefited greatly as well. I thank you for the help you’ve given all of us.” — *Marianne Zack DiGrande, Birmingham, MI*

**165 Pounds Lost** When Ken Wright and his wife Murlene came to Whitaker Wellness, Ken was extremely obese and had hypertension, diabetes, and such severe complications that he was in constant pain and unable to walk on his own. Murlene, who is a subscriber, insisted he come to Whitaker Wellness for treatment. A year later, Ken had lost 165 pounds and 20 inches from his waist, and his blood sugar and blood pressure were normal. He’d discontinued 10 of the 13 drugs he was on before coming to the clinic and was feeling better than he had in 20 years.



*Ken Wright and his wife, Murlene, wearing a pair of his old pants.*

**No More Colds** “My wife and I suffered with constant colds for several years. I would get one and she would get it a week later. After being well for a few weeks the routine would repeat itself every month. We heard you talk about the benefits of a multivitamin at a conference in Orlando, and we decided to give yours a try. We were amazed when, during the next months, we did not get a cold. My wife passed away, but she did not have a cold during the six years after she started taking supplements. I am now 78 years old and have not had a cold for 12 years.” — *J.D., Arizona*

**Goodbye Constipation** “All my life I have been constipated and have had two surgeries for rectal prolapse. I used to take laxatives regularly. Thank God you recommended flaxseed. Since I started using it, I haven’t taken a laxative. I only wish I had known about this years ago.” — *B.V., New Jersey*

**Hepatitis Halted With Supplements** When Ellie came to the clinic for treatment of hepatitis C, she was quite ill. Her viral load was high (6,830,000), her liver enzymes were elevated, and her doctor had informed her that even if treatment could hold the virus at bay, she would eventually require a liver transplant. I started her on alpha lipoic acid, silymarin, and selenium. Within six weeks, her liver enzymes stabilized, and two of three fell into the normal range. Her viral load dropped to 1,120,000—an amazing fivefold reduction!

# WHITAKER WELLNESS INSTITUTE — 32 YEA

I'm a traditionally trained medical doctor, and I keep up with the scientific literature and what's going on in conventional medicine. But for the past 32 years, I've also been in the trenches practicing what many folks call alternative medicine (I prefer to just call it good medicine) at my clinic, the Whitaker Wellness Institute, in Newport Beach, California.

Without this hands-on experience, I couldn't be as passionate and confident as I am about this approach to medicine. The modalities we use day in and day out do wonders for my patients, and although nothing works every single time for every single person, there's an excellent chance the treatments I write about in *Health & Healing* will greatly benefit you. Let's take a look inside Whitaker Wellness.

## The Turning Point

As I said, my basic training was essentially the same as any physician's. I graduated from Emory University Medical School in 1970 and completed an internship at Grady Memorial Hospital in Atlanta. I then began my residency in San Francisco and was looking forward to a career as an orthopedic surgeon.

One evening, I was working in the emergency room when a young woman came in with a sprained ankle. Sprain aside, I was struck by her energy and vibrancy—her eyes literally sparkled. She



attributed her robust health to nutritional supplements, and told me about Dr. Wilbur Currier in Pasadena, who had given up a surgical practice to specialize in orthomolecular medicine. Dr. Currier introduced me to the

*Since opening the doors of the Whitaker Wellness Institute in 1979, we have helped nearly 50,000 patients with diabetes, heart disease, autoimmune disorders, and other serious health concerns.*

medical literature on vitamins, minerals, and other nutrients, and I was astounded at the breadth of scientific research. I had always assumed that if a therapy would help patients, was safe, and had scientific backing, it would be adopted and incorporated into hospital practice and medical school curriculums. I couldn't have been more wrong. That's when I really began questioning my chosen profession—and discovered that many aspects of conventional medicine are indeed highly questionable. So, I left my residency and never looked back.

In 1976, I worked as a staff physician at the Pritikin Longevity Institute. Patients with diabetes, heart disease, and hypertension came to this facility, stayed for a few weeks, and were treated with a low-fat, mostly vegetarian diet and exercise. To my amazement, they got well! With these lifestyle changes alone, their blood sugars and blood pressures normalized, their chest pains abated, and they no longer needed their drugs. I decided that this was the way I wanted to practice medicine.

## Genesis of the Clinic

I opened the Whitaker Wellness Institute in 1979. My first Back to Health Program consisted of just nine patients who stayed with me for two weeks. We exercised together, ate meals prepared to my specifications, and I gave talks on various topics. Again, I was amazed at the power of lifestyle changes as my patients lost weight, got off drugs, and experienced marked improvements in their quality of life.

Diet and exercise—plus targeted nutritional supplements—are still cornerstones of the clinic. Patients continue to come and stay for one to three weeks, eat healthy meals prepared by our gourmet chef, engage in exercise, and attend lectures and workshops. Being totally immersed in a wellness lifestyle—especially when you're surrounded by others who share your challenges and goals—is the easiest way to break old habits and establish new ones. Our patients invariably feel better, lose weight, and gain confidence that they can do this on their own once they return home. Whitaker Wellness is like a rejuvenation boot camp.

Over the years, we've added other therapies to complement our lifestyle program. If a treatment works, is safe and consistent with our approach, and can be administered at a reasonable cost, we will incorporate it. I'm proud to say that we now have more holistic therapies under one roof than any other wellness facility in the United States.

### 1991

First issue of *Health & Healing* (H&H) published  
World Wide Web launches

15 new countries created out of former Soviet Union

H&H Breaking News: overuse of heart surgery, vanadyl sulfate for diabetes, Dilantin for depression/anxiety, chelation for cardiovascular disease

### 1992

Bill Clinton elected President

Nicotine patch approved for smoking cessation

H&H Breaking News: fish oil, nutrition to treat alcoholism, DHEA, saw palmetto for prostate, nutrients for eyes, sugar for wound healing, broad benefits of supplements

### 1993

Federal agents raid Waco, TX, compound

Nelson Mandela/F.W. de Klerk win Nobel Peace Prize

H&H Breaking News: CoQ10 for heart, melatonin for insomnia, bioidentical hormones, cancer screening dangers, antidepressants increase suicide/violence, DMSO, prolotherapy, downside of MSG



# RS IN THE TRENCHES

## Innovative Therapies

Whitaker Wellness was one of the first clinics in North America to adopt **enhanced external counterpulsation (EECP)**, a proven treatment for cardiovascular disease that, like a “natural bypass,” increases blood flow around blocked arteries, dramatically improves cardiovascular symptoms, and returns patients to their usual activities. We brought in a **hyperbaric oxygen** chamber to facilitate stroke recovery, as massive infusions of oxygen “wake up” damaged brain cells. As we began seeing benefits for patients with other conditions, including hard-to-heal wounds, neuropathy, multiple sclerosis (MS), Parkinson’s, and autism, we purchased more chambers, and our hyperbaric department is now among the biggest in the country.

We also have a very large **IV department**, where patients relax in recliners while receiving intravenous (IV) infusions of EDTA for heavy metal overload and circulatory disorders, glutathione for Parkinson’s disease and other neurological problems, and very high-dose vitamin C for cancer and immune support. We also have IV protocols for macular degeneration and chronic fatigue, as well as vitamin and mineral drips to boost nutritional status.

More recently, we acquired **neurofeedback**, a type of biofeedback for the brain that helps patients with insomnia, anxiety, addiction, impulsivity, migraines, and more. Our latest acquisition is **high-intensity laser**, which we’ve added to our existing arsenal of pain relieving modalities, which include **prolotherapy, infrared light, microcurrent, acupuncture, chiropractic, reflexology, and massage**.

## Patient-Proven and Time-Tested Treatments

Whitaker Wellness has certainly grown from its humble beginnings. I am now privileged to be working with five talented physicians and a dedicated staff of nurses, therapists, technicians, and other professionals. More than three decades as a practicing physician treating tens of thousands of patients—many who come to us after exhausting everything conventional medicine has to offer—has given me a rare perspective. I’ve seen firsthand not only what therapies are effective, but also which ones cause harm.

This is what makes *Health & Healing* truly unique and valuable. If you find it in the pages of this newsletter, you’d best pay attention. To learn more or to schedule treatment, visit [whitakerwellness.com](http://whitakerwellness.com) or call (800) 488-1500.



*Hyperbaric oxygen therapy is effective for stroke recovery, Parkinson’s disease, slow-healing wounds, diabetic ulcers, and other intractable conditions.*



*Enhanced external counterpulsation (EECP), a nonsurgical option for angioplasty and bypass, relieves chest pain and shortness of breath.*



*Infrared light therapy is just one example of the many treatments we offer at Whitaker Wellness that have helped countless patients find relief from acute and chronic pain.*

### 1994

DSHEA, guaranteeing access to supplements, signed into law  
Former President Reagan announces he has Alzheimer’s disease  
O.J. Simpson arrested

*H&H* Breaking News: green tea, natural thyroid, probiotics, reflexology, L-arginine for blood pressure, alternatives to ulcer drugs, *H&H* fights FDA ban on supplement health claims, dangerous diabetes drugs

### 1995

Dr. W. and *H&H* subscribers cycle 4,300 miles across US  
Oklahoma City bombing  
Tom Hanks wins second Oscar for *Forrest Gump*

*H&H* Breaking News: human growth hormone, dangers of blood pressure drugs, politics of cancer, readers help bring back stevia, Dr. Burzynski’s cancer cure, low-dose antibiotics for autoimmunity, warning about synthetic hormones in milk

# SOLUTIONS FOR 20 COMMON HEALTH CONCERNS

Since I opened the doors of the Whitaker Wellness Institute in 1979, I've been fine-tuning my treatment approaches for a variety of common health concerns. And for the last two decades, I've shared these protocols with *Health & Healing* readers. As a special "anniversary present," I've compiled a simple, at-a-glance list of supplements and other therapies for 20 common health problems. Remember, these recommendations should be added to a potent daily multivitamin and mineral supplement, a healthy diet, and regular exercise.

*Doses listed are for daily consumption and should be taken in divided doses with meals unless otherwise noted.*

## Age-Related Memory Loss

- Acetyl-L-carnitine 1,000–1,500 mg
- Alpha-glycerolphosphorylcholine (alpha-GPC) 250 mg
- Curcumin 1,000–2,000 mg, or curcumin phytosome 500–1,000 mg
- Fish oil 2–4 g
- *Ginkgo biloba* 120–160 mg
- Niacinamide 500 mg, 3–6 times per day
- Phosphatidylserine 100–200 mg
- Vinpocetine 10–30 mg

## Blood Pressure Support

- Balance3 2–4 tablets (taken at bedtime if drowsiness occurs)
- Coenzyme Q10 (CoQ10) 200–300 mg
- L-arginine 2,000–6,000 mg (do not use if you are taking nitroglycerin)
- Low Sodium V8 Juice 8–12 ounces
- Reishi mushroom (as directed)



## Blood Sugar Support

- Vanadyl sulfate 100 mg
- Alpha lipoic acid 600–1,200 mg (higher dose for extra support)
- Chromium 400 mcg
- Cinnamon 1,000–2,000 mg
- *Gymnema sylvestre* 400 mg
- Benfotiamine 150–450 mg
- Berberine 1,500 mg
- Hyperbaric oxygen therapy (HBOT)<sup>+</sup> and infrared light therapy<sup>+</sup> (for complications)

## Bone Health

- Calcium 1,500 mg
- Ipriflavone 300–600 mg
- Magnesium 500–1,000 mg
- Strontium 680 mg
- Vitamin D 2,000–5,000 IU
- Vitamin K2 (MK-7) 150–300 mcg

## Cardiovascular Health

- CoQ10 200–300 mg
- Fish oil 4–6 g
- B-complex vitamins (higher doses for extra support) B6 75–125 mg, B12 150–2,000 mcg, folic acid 800–6,000 mcg
- L-carnitine 1,000 mg
- Magnesium 500–1,000 mg
- Enhanced external counterpulsation (EECP)<sup>+</sup>

## Cholesterol Support

- Flaxseed ¼ cup, freshly ground
- Niacin 500–2,000 mg (regular, not no-flush niacin)
- Plant sterols 1,500–2,000 mg
- Red yeast rice 1,200–2,400 mg (take with 100–200 mg of CoQ10)

## Colds/Flu

- Vitamin D 5,000–10,000 IU
- Vitamin C up to 1,000 mg per hour
- Colostrum (as directed)
- Echinacea (as directed)
- Oscillococcinum 1 dose every 6 hours
- Xylitol nasal spray
- High-dose IV vitamin C<sup>+</sup>

## Digestive Health

- Digestive enzymes (as directed, for gas and bloating)
- Deglycyrrhizinated licorice (DGL) 1 chewable tablet before meals (for heartburn/indigestion)
- Probiotics (as directed, for overall digestive health)
- Flaxseed ¼ cup, freshly ground (for regularity)

## Eye Health

- Beta-carotene 15,000 IU
- Lutein 15 mg
- Zeaxanthin 2 mg
- Black currant 200 mg
- Zinc 80 mg (balanced with copper 6 mg)

### 1996

Summer Olympics held in Atlanta

Dolly the sheep, the first cloned mammal, born

*H&H* Breaking News: dangers of statin drugs, folic acid and birth defects, nutrition for Down syndrome, alpha lipoic acid, direct-to-consumer drug ads, smart drugs, strontium for bones, DHEA available over-the-counter, readers champion Dr. Burzynski

### 1997

Princess Diana and Mother Teresa die

*The Simpsons* becomes longest-running prime-time cartoon

*H&H* Breaking News: warning against diet drugs, overuse of ADHD drugs, hydrazine sulfate for cancer, *H. pylori* and ulcers, B vitamins and homocysteine, *H&H* shoots down *Quackbusters*

### 1998

FDA approves Viagra for erectile dysfunction

*Lancet* study attributes 106,000 annual deaths in US to prescription drugs

*Titanic* highest-grossing film in history

*H&H* Breaking News: glycemic index, testosterone replacement, omental transposition for spinal cord injuries, *H&H* stops destruction of books by FDA

### Fatigue/Low Energy

- Low-dose naltrexone (LDN) 3–4.5 mg (requires a prescription)
- Magnesium 500–1,000 mg
- Ribose 10–15 g
- Vitamin D 2,000–5,000 IU

### Joint Health

- Curcumin 1,500–2,000 mg, or curcumin phytosome 500–1,000 mg
- Fish oil 4–8 g
- Glucosamine 1,500 mg
- Chondroitin 1,200 mg
- MSM 5,000 mg
- DMSO (topical)

### Liver Health

- Alpha lipoic acid 100–600 mg
- Silymarin 600–900 mg
- Selenium 300–400 mcg
- N-acetyl cysteine 600 mg

### Men's Health

(Higher doses for extra support and men age 60 and older)

#### Erectile Function

- L-arginine 2,000–6,000 mg (between meals)
- L-carnitine 2,000–4,000 mg
- *Ginkgo biloba* 120–240 mg
- DHEA 50 mg

#### Prostate

- Pygeum or beta-sitosterol 100–200 mg
- Saw palmetto 160–320 mg
- Stinging nettles 300 mg
- Zinc 30–60 mg

### Mood Support

- Dilantin 100–200 mg (requires a prescription)
- Fish oil 4–6 g
- S-adenosyl-methionine (SAME) 400–800 mg (between meals)
- 5-HTP 50–100 mg (at bedtime)
- St. John's wort 600–900 mg (check for drug interactions)

### Pain

- Univestin (Chinese skullcap/acacia extract) 500 mg
- Curcumin 1,500–2,000 mg, or curcumin phytosome 500–1,000 mg
- Fish oil 4–8 g
- Frequency specific microcurrent (FSM) therapy (also called micro-current therapy)<sup>+</sup>
- High-intensity laser therapy<sup>+</sup>
- DMSO (topical)

### Respiratory Health

- Fish oil 4–6 g
- N-acetyl cysteine 150–600 mg
- Quercetin 250–500 mg
- Stinging nettles 200–500 mg
- Magnesium 500–1,000 mg
- Saline nasal spray/neti pot

### Sleeplessness

(Take 30–60 minutes before bedtime)

- Melatonin 1–3 mg
- L-theanine 200 mg
- Valerian 250–500 mg



### Stress and Anxiousness

- Dilantin 100–200 mg (requires a prescription)
- Gamma-aminobutyric acid (GABA) 750 mg, or 100–200 mg PharmaGABA (as needed, up to 3 times per day, between meals)
- L-theanine 100–300 mg (between meals)

### Weight Loss

- Mini-fast with exercise (morning exercise, no food until noon, eat sensibly the rest of the day)
- Restrict/eliminate sugars and starches
- Green tea (GreenSelect Phytosome) 300 mg
- *Irvingia gabonensis* 300 mg
- Saffron extract 180 mg

### Women's Health

- Bioidentical hormone replacement (requires a prescription)
- Black cohosh 40 mg
- DHEA 25 mg
- Soy isoflavones 50 mg
- Dong quai 500–1,500 mg

+ Must be administered in a physician's office.

Look for the recommended supplements in your local health food store or online. To purchase Dr. Whitaker's products, call (800) 722-8008 or visit [drwhitaker.com](http://drwhitaker.com). These supplements can also be purchased from the Whitaker Wellness Institute by calling (800) 810-6655.

To locate a physician in your area who may be familiar with these therapies, visit [acam.org](http://acam.org). To make an appointment for treatment at the Whitaker Wellness Institute, call (800) 488-1500.

#### **1999**

*Drwhitaker.com* website launched

Court rules FDA's suppression of health claims unconstitutional

*Shed 10 Years in 10 Weeks*, Dr. W.'s 6<sup>th</sup> book, published

*H&H Breaking News*: SAME for depression, DHA for brain, warning about COX-2 inhibitors, acupuncture, dangers of carotid endarterectomy, safe therapies for ADHD, IV glutathione for Parkinson's, dangers of Rezulin, losing war on cancer

#### **2000**

George W. Bush loses popular vote, wins election

Panama Canal handed over to Panama after 75 years of US control

Study shows conventional medicine 3<sup>rd</sup> leading cause of death in US

Diabetes drug Rezulin pulled from market

*H&H Breaking News*: heart failure epidemic, statins deplete CoQ10, warnings about Fosamax, sleep apnea, triple therapy for hepatitis



# DANGERS OF CONVENTIONAL MEDICINE

Providing information about safe, natural therapies for improving your health is just one of my goals in *Health & Healing*. Another is to warn you about unsafe treatments—and in conventional medicine, there are lots of them.

## Overdiagnosis and Overtreatment

Diagnostic tests are positioned as a great defense against disease. But there's a serious downside. Inappropriate use of scans and screenings have resulted in dramatic increases in the diagnosis of conditions that will never cause any real problems, turning tens of millions of essentially healthy people into anxious, worried patients who are led like sheep into pharmacies and operating rooms.

I've told you about the inappropriate use of angiography, which is the gateway to bypass surgery and angioplasty. Dozens of clinical trials demonstrate that for the vast majority of patients, these risky procedures do not reduce risk of heart attack or death. I've warned of the downsides of routine PSA and mammography screening and conventional cancer treatments, which have done little to lower the death rate from cancer since the 1950s.

For these and other overused, underperforming procedures I've discussed in the newsletter over the years, conservative approaches produce similar, if not better, outcomes with far fewer complications and significantly lower costs.

## A Windfall for Big Pharma

An even greater threat to our health and well-being is Big Pharma, which has infiltrated our culture to such an

extent that we don't even notice it. When's the last time you questioned the appropriateness of ads suggesting you "ask your doctor if this drug is right for you?"

I blame much of this on the fact that conventional medicine has been co-opted by the pharmaceutical industry. Together, they've turned risk factors into diseases. For instance, when the "normal" blood pressure range was adjusted downward, 13.5 million additional Americans became hypertensive overnight. Updated cholesterol goals made 40 million more people eligible for cholesterol-lowering drugs. And diabetics are urged to drive blood sugar lower and lower with drugs that increase risk of heart attack and lead to weight gain.

## Our Children at Risk

I'm particularly concerned about the drugs used on our children. Nearly 10 percent of American kids have been diagnosed with ADHD, and many are taking Ritalin and other addictive, amphetamine-like drugs. And far too many are on antidepressants, which have been linked to virtually every school shooting and many tragic suicides.

Vaccines are also problematic. By age six, our children are required to get 15 different vaccines in 52 doses, most of them for diseases that are no longer a threat in the US. Vaccines are toxic brews of biological and chemical agents that are clearly linked to skyrocketing cases of autism, which have increased from 1 in 2,500 30 years ago to 1 in 91 today.

## Leading Cause of Death

Folks, these examples are only the tip of the iceberg. Powerful drugs for gastroesophageal reflux disease (GERD) are handed out for occasional heartburn. Osteoporosis drugs are given to women with low-normal bone density. Antidepressants, which work no better than placebo except in severe depression, are taken by 1 in 10 Americans.

Every day, 5,400 hospitalized patients are injured by medications, and 2,400 others are seen in ERs for adverse reactions to appropriately used prescriptions. All told, prescription drugs are the third leading cause of death in this country!

**My recommendation:** To achieve optimal health, you need to eat a good diet, exercise, maintain your ideal weight, and take targeted nutritional supplements. But it's also imperative that you protect yourself and your loved ones against the dangers of conventional medicine.



Kelly Preston, my wife Connie, Kirstie Alley, and I at the 2005 hearing before the Florida legislature in support of a bill ending requirements that Florida children diagnosed with ADHD take drugs to attend school.

### 2001

9/11

US and British forces attack Taliban and al-Qaeda camps in Afghanistan

Baycol (statin drug) taken off market, linked with 81 deaths

*H&H* Breaking News: mercury toxicity/chelation, natural libido boosters, warning against conventional hormones, dangerous vaccines, bypass causes brain damage

### 2002

Winter Olympics held in Salt Lake City

Dr. W. petitions FDA for label warnings on statin drugs re: CoQ10 depletion

Kelly Clarkson becomes first *American Idol* winner

*H&H* Breaking News: unnecessary hysterectomies, plant sterols lower cholesterol, nutrients for mitochondrial rejuvenation, curcumin, "watchful waiting" for prostate cancer, immune enhancement, xylitol



# HEALTH & HEALING MAKES A DIFFERENCE

In *Health & Healing* subscribers, I found a group of committed and compassionate allies who, like me, are outraged by the encroachments upon our freedom. To enlist your support, I created the Freedom of Health Foundation (formerly called the Whitaker Health Freedom Foundation). Together, we've won some important battles.

## Access to Nutritional Supplements

You probably take it for granted that you can get your hands on most any nutritional supplement you want. But in 1994, we came perilously close to losing this privilege. That was the year the Dietary Supplement Health and Education Act (DSHEA) passed. We worked hard on this. I testified at Congressional hearings and *Health & Healing* readers wrote thousands of letters in support of this bill. Incredibly, more mail was received by Congress on DSHEA than any other issue in US history.

Other successes include suing for and winning the right to list truthful information on supplement labels, which had been unconstitutionally blocked by the FDA. We helped keep melatonin on the shelves and bring back stevia, which was banned in 1991 as an "unsafe food additive." We intervened when a subscriber was wrongfully arrested for ordering DHEA through the mail. We stopped FDA field agents from burning books considered by the FDA to be making "drug claims" about stevia. And we joined the fight against Codex, international standards that would severely limit doses and forms of supplements.

## Freedom of Choice in Medical Care

If you elect to use a nontoxic therapy instead of conventional medical treatments, that should be your choice, right? Well, it isn't. State medical boards and the FDA wield unprecedented power and arbitrarily direct it against physicians whose only "crime" is offering alternative therapies.



Receiving an award for my work against FDA censorship.

The most egregious example is Stanislaw Burzynski, MD, PhD. Dr. Burzynski discovered antineoplastons, a nontoxic therapy that disarms cancer cells at the genetic level. Since 1977, Dr. Burzynski has cured thousands of patients, many with "incurable" brain tumors, at his clinic in Houston. Yet, at the hands of our government, he was subjected to unlawful office raids, grand jury hearings, lawsuits, and worse. When I heard about this, I was determined to help him. I wrote about his plight, and *Health & Healing* readers donated more than \$700,000 to Dr. Burzynski's legal defense fund, which was instrumental in his ultimate victory.

To learn more about the Freedom of Health Foundation or to order *Burzynski: The Movie*, which chronicles this inspiring story, visit [thefhf.org](http://thefhf.org) or call (800) 792-4269.



"Without Dr. Whitaker's tireless work and the financial support of *Health & Healing* readers, the Burzynski Clinic would never have made it through our darkest days when the FDA tried to shut us down. I thank you from the bottom of my heart." — Stanislaw Burzynski, MD, PhD



Sen. Tom Harkin and I in May 1999 announcing a petition to the FDA to allow health claims on nutritional supplements.

### 2003

Space Shuttle Columbia disintegrates  
SARS affects 9,000 people worldwide, 800 die  
Study shows supplement use could save Medicare \$1.6 billion  
*H&H* Breaking News: vitamin D, herbal pain relief, celiac disease, L-theanine for stress, IV vitamin C, L-carnosine for cataracts, glutathione for COPD

### 2004

Facebook is launched  
Tsunami devastates Southeast Asia  
Vioxx (COX-2 inhibitor) removed from market, linked to 200,000 heart attacks/deaths  
*H&H* Breaking News: weight loss supplements, inflammation and CRP, benfotiamine for diabetes, conventional medicine a leading cause of death

### 2005

Dr. W. is interviewed on CNN/ABC/FOX on the indiscriminate use of psychotropic drugs  
Hurricane Katrina devastates New Orleans  
*H&H* Breaking News: astaxanthin, Alzheimer's prevention, problems with needle biopsies, fish oil for arrhythmias, vinegar for diabetes, dark chocolate, EECF for heart failure, glycemic load

# MORE HIGHLIGHTS FROM *HEALTH & HEALING*

## Subscriber Seminars

Nothing gives me more pleasure than meeting *Health & Healing* subscribers. I love spending time with you, whether it's at conferences and other speaking engagements, the clinic, or the Subscriber Seminars we've held and will continue to hold in coming years. We've had gatherings in Orlando, Austin, Las Vegas, Seattle, and other cities all over the country. We've even gotten together on cruises!

Talking with you allows me to gauge your interests and understand your health struggles so I can better serve you. Your questions, stories, suggestions, and contributions to *Works for Me*, which I share in the newsletter and often integrate into my clinical practice, are invaluable. I look forward to meeting you soon—if not in person then via your letters, emails, blog comments, and Facebook posts.

## Courageous, Inspirational Readers

I especially enjoy the stories you share about overcoming your health challenges. Whether you know it or not, *Health & Healing* subscribers are a unique group. You're proactive, you dare to challenge convention, and you're fearless when it comes to making independent decisions about your health.

I've heard from thousands of subscribers who have refused to accept dire prognoses, took the road less traveled, and regained control of their health. Pauline, for example, was told that without bypass surgery, she'd be dead in three months. She elected to get a second opinion at Whitaker Wellness, and she's doing fine 15 years later. Against their doctors' advice, Bob switched from a statin drug to flaxseed, Ted from a

diuretic to Low Sodium V8 Juice, and Sheila from metformin to vinegar. They're enjoying normal cholesterol, blood pressure, and blood sugar, respectively—without side effects.

Please keep your stories and suggestions coming. Send them to [worksforme@drwhitaker.com](mailto:worksforme@drwhitaker.com).

## Craziest Memory

I get some crazy ideas from time to time—just ask my wife and my staff. One of the craziest was in 1995, when I got a bee in my bonnet to ride a bike across the United States. What's even crazier is that when I invited *Health & Healing* subscribers to join me, dozens of them did. Some rode for a week or two, but a hardy few made the entire trip.

We began in Bellingham, Washington, rode over the Cascade Mountains, through Yellowstone National Park, and across 13 states. We averaged 65–85 miles a day with a few centuries (100-mile rides) thrown in for good measure. We cycled the back roads of America, slept in small towns, and got up in the morning and did it all over again. Ten weeks and 4,300 miles later, a fit, straggly, very close-knit group of us pedaled in to Washington, DC. Unforgettable!



With one of my heroes and mentors, Linus Pauling, PhD, two-time Nobel Prize winner; at his home in Big Sur, California, 1994.



In North Dakota, celebrating the halfway mark of the 4,300 mile bike ride across the US. Top right: Approaching the finish line in Washington, DC.

### 2006

FDA approves Merck's HPV vaccine Gardasil  
Pluto downgraded; solar system now has 8 planets

*H&H* Breaking News: EECp mobilizes stem cells, downside of GERD drugs, media bias against supplements, disease mongering by drug companies, ribose for heart failure, diet for acne, natural pain relief, readers protest threats against estriol

### 2007

*H&H* supports nonprofit Vitamin Relief USA (now Nourish America), which provides nutritional supplements to at-risk kids

Dr. W. signs on to co-host *Healthy Talk Radio*

*H&H* Breaking News: LDN for autoimmunity and cancer, resveratrol, warning about HPV vaccine, statins linked to brain damage, vitamin D for flu

### 2008

Barack Obama elected President

Fidel Castro steps down as President of Cuba after almost 50 years in power

FDA takes estriol off the market

*H&H* Breaking News: heat therapy, diabetes, ongoing warning about Avandia, medical radiation linked to cancer risk, downsides of flu shots



## David and Goliath: *Health & Healing* Against Big Pharma

Cholesterol-lowering statin drugs have an ominous side effect: The enzyme they target blocks production of both cholesterol and coenzyme Q10 (CoQ10). CoQ10 is essential for cellular energy production, and low levels are linked with fatigue and weakness in the muscles (myopathy) and heart (cardiomyopathy). The drug company that came out with the first statin drug even patented statin-CoQ10 combo products to prevent these problems, but they never manufactured them, nor did they caution about this very serious adverse effect. When I learned about this, I was so outraged that in 2002 I petitioned the FDA to require warnings on all statin drugs describing CoQ10 depletion and how to avoid it. Nothing ever came of the petition, but we made a lot of noise and increased awareness. Today, many doctors recommend CoQ10 for their patients taking statins.

## 20 Years of Scoops

Maybe it's my competitive nature, but there's nothing like being able to say, "I told you so." Since the very first issue, when I recommended CoQ10 and advised against bypass surgery, *Health & Healing* has been ahead of the curve. Long before others heeded the research on dangerous drugs and invasive procedures, I sounded the warning. For example, in 1993, I wrote how Prozac increases risk of suicide and violent behavior. It wasn't until 2004 that the FDA required antidepressants to carry labels warning of their increased suicide risk in children and teens.

Equally important are the therapies you read about here first. *Health & Healing* subscribers have been using high-dose vitamin D, probiotics, ribose, vanadyl sulfate, lipoic acid, carotenoids, vitamin K, strontium, herbs, and many other nutritional supplements for years before they hit the mainstream. You've enhanced your health with IV nutrients, alternative cancer treatments, laser, oxygen, infrared light, and other therapies you may never hear about anywhere else.

Today, I'm more committed than ever to continue bringing you breaking news each month to enhance your well-being and improve your quality of life.



*Working with Sen. Orrin Hatch, a longtime subscriber and dedicated supporter of health freedom. Sen. Hatch read a Health & Healing article on the 1994 health care debate to his colleagues in the US Senate, and it is now part of the Congressional Record.*



*Health & Healing readers' donations to Nourish America are supplying daily multivitamins to thousands of at-risk children.*



*"Dr. Whitaker has been a knight in shining armor and a great hero for countless people. He has saved the lives of thousands of patients in his more than 30 years as a doctor. All of us who belong to this wellness family know that we're being treated by people who really do care for us." — Jon Voight*



*"Dr. Whitaker is a true pioneer and champion of alternative therapies. I am honored that he wrote the forward to my book on unconventional cancer therapies (Knockout)." — Suzanne Somers*

### 2009

WWI celebrates 30<sup>th</sup> anniversary

Michael Jackson dies

H1N1 flu declared a global pandemic

*H&H Breaking News:* nutrient-depleting drugs, vitamin D prevents type 1 diabetes, dangers of mental health screening, coconut oil for Alzheimer's, discounts H1N1 flu hype

### 2010

Health Care Reform Bill passes in Congress

Discoverer of PSA decries inappropriate use, says it leads to excessive diagnosis/treatment of cancer

Gulf of Mexico oil spill

*H&H Breaking News:* mini-fast for weight loss, mitochondrial rejuvenation, telomeres and aging, absurdly low new vitamin D RDAs

### 2011

*H&H* celebrates its 20<sup>th</sup> anniversary

Massive earthquake and tsunami hit Japan

Osama Bin Laden killed

*H&H Breaking News:* medicinal uses of baking soda, low-dose aspirin for cancer prevention, dangers of inactivity, vinegar's metformin-like effects, therapies for shingles, berberine for diabetes



# LOOKING AHEAD TO THE NEXT 20 YEARS

In August 1991, the first issue of *Health & Healing* mailed. That year, 15 new countries declared independence after the dissolution of the USSR. The Cold War ended, and the first Gulf War came and went. We emerged from a recession, and the unemployment rate was 5.6 percent. We were watching *Full House*, *Home Improvement*, and *Baywatch* on TV and *Terminator 2* and *Beauty and the Beast* at the movies. The Chicago Bulls won their first NBA championship, and Magic Johnson announced he had HIV and was retiring.

The world has certainly changed in the past 20 years. Eighteen more countries have been created. We've been embroiled in military conflicts in Afghanistan and Iraq since 2001. A big recession is supposed to be behind us, but it sure doesn't feel like it, as unemployment approaches 10 percent. We're watching reality TV and DVD movies on our big-screens at home. The Lakers ended their NBA winning streak, and Magic Johnson is alive and well.

## The Future of Medicine

Medicine has also seen many changes. In the past two decades, scientists have mapped the human genome, cloned animals, and isolated stem cells. Huge strides have been made in battlefield medicine, prosthetics, and surgical techniques, and new drugs and vaccines have been discovered.

Yet, there have been no real conventional breakthroughs for our most common illnesses: chronic disorders like diabetes, obesity, heart disease, hypertension, and arthritis. That's because these "lifestyle" diseases respond far better to diet, exercise, and nutritional therapies than to drugs and high-tech interventions. People like you who recognize the limitations of conventional medicine are moving toward alternative therapies in droves. Today, nearly 40 percent of Americans use alternative medicine, and more than half take nutritional supplements.

However, the old model is firmly entrenched, and I fear it will only get worse. There's tons of money at stake, a lot of turf to be protected, and a new health care law that will further institutionalize medicine. Where it will all end is anyone's guess, but I can tell you that it will mean fewer choices for patients, more layers of bureaucracy between you and your physician, and substantially greater costs that must be borne by taxpayers.

On the other hand, the future of orthomolecular medicine is bright. If a vitamin, mineral, or other therapy that taps into the natural healing potential of the human body works today, it'll work 1,000 years from now. Drugs come on the market to great fanfare, have their day in the sun, and are retired as adverse effects become undeniable and they're replaced by newer, pricier ones. But the therapies you read about in *Health & Healing* are here to stay.

## Information Revolution

Another seminal event from 1991 was the launch of the World Wide Web. Today, the Internet is a primary forum for communicating, purchasing, and finding information—even old dinosaurs like me have a website and Facebook and Twitter pages. I'm thankful for these technological advances because they allow me to share breaking news, reach a wider audience, and communicate more easily with you.

No one can tell the future or predict how we will be seeking and obtaining information in the coming years. However, I believe that *Health & Healing*—delivered to your home in a form you can read, savor, save, and read again and again—will continue to be a valuable, irreplaceable partner in your quest for optimal health.

Here's to the next 20 years of *Health & Healing*,



Julian Whitaker, MD

P.S. This newsletter wouldn't be possible without the support of my family, the dedicated staff of the Whitaker Wellness Institute, and the folks at my publisher, Healthy Directions, who have sent *Health & Healing* out to millions of people over the past two decades. Most important, I want to thank you—my loyal subscribers—who have been a constant source of support and inspiration over the last 20 years. I am truly grateful for your ongoing patronage, and I hope to continue visiting you each and every month for the next 20 years.



Connie and I toasting your health and the next 20 years of *Health & Healing*.

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