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Preventing Alzheimer's: What You Can Do Now

By Lynn Allison

Pharmaceutical giant Pfizer announced plans to end research into discovering new drugs for Alzheimer's disease last year. This appeared to be a huge blow to the millions of people who suffer from the neurodegenerative disorder. Other drug companies have also abandoned plans to develop treatments for Alzheimer's, citing too many setbacks in the research. But as some big companies have stepped back, startups packed with veterans from big pharmaceutical companies are stepping up efforts to find a breakthrough.

While there is no miracle drug yet, there has been promising progress with several techniques that can be used to help prevent and treat Alzheimer's, which affects nearly 5.5 million people in the United States and is the sixth leading cause of death in the country. The cost of both direct and indirect care tops \$450 billion annually.

The Alzheimer's Association points out that longer life expectancies will lead to an increase in the number and percentage of Americans 85 years and older — the highest risk group for developing Alzheimer's dementia.

“One in nine people at age 65 suffers from dementia. That number leaps to one in three by age 85,” Dr. Rebecca Edelmayer, director of scientific engagement at the Alzheimer's Association, tells *Health Radar*. “There is growing evidence that people can reduce their risk of cognitive decline by adopting lifestyle habits such as physical exercise, social interaction, and a healthy diet. This year, we launched the U.S. Pointer, a two-year clinical trial to evaluate whether lifestyle interventions that simultaneously target various risk factors protect cognitive function in older adults who are at increased risk for cognitive decline. It is the first ever study to be conducted in a large group of Americans across the U.S.”

A Promising Therapy

Independent researchers are ramping up efforts to develop alternative therapies for Alzheimer's. A team at the University of Miami Miller School of Medicine conducted a 12-month clinical trial that found people with moderate-to-severe Alzheimer's showed significant improvement in cognitive and immune function while taking a polysaccharide-rich supplement.

“Many participants had a renewed ability to recall people, places,

events, and situations, which was remarkable given their disease severity,” says John Lewis, Ph.D., an associate professor in the department of psychiatry and behavioral sciences at the Miller School of Medicine. Lewis is also the co-founder and CEO of Nurish.Me, a company that develops dietary supplements that support cognitive function.

“From a conventional medicine perspective, Alzheimer’s presently has no preventative strategy, treatment or cure,” he says. “People who are diagnosed with the disease have their choice of five FDA-approved drugs that delay decline temporarily. After that, the disease continues to progress until death. Alternative strategies are needed not only to help those afflicted, but to prevent it from occurring in the first place.”

Lewis and his team found that most people’s diets are deficient in certain polysaccharides, or sugars, that can improve health. “These polysaccharides are used within the cells as part of cell-to-cell communication to help the body maintain routine functions that

sustain life,” he says. “They contain important information to tell our genes what to do and how to do it.”

Lewis says that many chronic diseases, including Alzheimer’s, are caused by poor nutrition and lack of exercise. When he and his team gave study participants a polysaccharide-rich supplement called CogniNurish, the results were remarkable. CogniNurish is a propriety blend of nutrients that support cognitive function, including rice bran and aloe.

“We had subjects who had not been able to carry on conversations for years suddenly remembering where they lived, their family members, what to eat, and how to do certain things like turning off a light switch when leaving the room,” Lewis says. “We had one woman who could not walk or speak at the beginning of the study, and at the end of the three-month assessment she was walking and referring to caregivers by name.

“Many of these successes had caregivers, family members, and study staff in tears of joy. They, too, were witness to the power of

nutrition and what can happen to someone when you reintroduce vital nutrients back into their diet.”

Curcumin Treatment

Many experts tout curcumin, a compound in the spice turmeric, as one of the most effective supplements in existence. Its health benefits include reducing inflammation and oxidative damage, reducing the risk of cardiovascular disease, preventing and treating cancer, and relieving arthritic pain. Now there is evidence that it may be useful for preventing and treating Alzheimer’s disease as well.

A key feature of Alzheimer’s disease is a buildup of protein tangles called amyloid plaques. Studies show that curcumin can help clear those plaques.

Researchers at UCLA found that study subjects who took curcumin experienced significant improvements in their memory and attention, while the subjects who received a placebo did not. Their double-blind, placebo-controlled study involved 40 adults between the ages of 50 and 90 who



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had mild memory complaints. Participants were randomly assigned to receive either a placebo or 90 milligrams of curcumin twice daily for 18 months.

“Exactly how curcumin exerts its effects is not certain, but it may be due to its ability to reduce brain inflammation, which has been linked to both Alzheimer’s and major depression,” says study author Dr. Gary Small, director of geriatric psychiatry at UCLA’s Longevity Center, and of the geriatric psychiatry division at the Semel Institute for Neuroscience and Human Behavior at UCLA.

On memory tests, the people who took the curcumin improved by 28 percent over the 18-month period. They also had mild improvements in mood, and PET brain scans revealed that they had significantly less amyloid and tau tangles in parts of the brain that control memory and emotional function.

“These results suggest that taking a relatively safe form of curcumin (Theracurmin) could provide meaningful cognitive benefits,” Small, author of *The Mind Health Report*, tells *Health Radar*. “While scientists continue to search for effective interventions for Alzheimer’s disease, compelling evidence points to the cognitive benefits of addressing modifiable risk factors that contribute to a full 50 percent of Alzheimer’s cases worldwide.”

Meditation Benefits Memory

While meditation has been around for at least 5,000 years, research into its health benefits is still in its infancy.

But a study published in the *Journal of Alzheimer’s Disease* has confirmed that yoga and

a form of meditation known as Kirtan Kriya (KK) improved brain function by increasing connectivity, improving memory, and decreasing mood aberration.

(In Sanskrit, Kirtan is a song while Kriya refers to a specific set of movements.)

According to the Alzheimer’s Research and Prevention Foundation, practicing a simple 12-minute KK can reduce your risk of developing Alzheimer’s and help restore memory.

Clinical research has shown that Kirtan Kriya can improve cognition while activating parts of the brain that are central to memory.

Western research has revealed that using the special fingertip position associated with this particular Kirtan Kriya enhances blood flow to areas in the motor-sensory part of the brain.

To practice this special brain-boosting meditation, sit comfortably on a chair or on the floor, keeping your spine straight. Repeat the sounds “Saa Taa Naa Maa” with your eyes closed for 12 minutes.

Some experts suggest singing the syllable to the first four notes of Mary Had a Little Lamb. As you repeat each sound, touch the fingers of each hand consecutively with your thumb. For example, when you say Saa, touch your index finger and thumb together. When you repeat Taa, touch your middle finger and thumb together and so forth.

Special Diet for Prevention

Scientists at Rush University Medical Center in Chicago claim that following what’s called the MIND diet can slash your risk

of developing Alzheimer’s by 53 percent. The MIND diet stands for Mediterranean-Dash Intervention for Neurodegenerative Delay. It was developed by Martha Clare Morris, a nutritional epidemiologist at Rush who combined the best of two proven heart-healthy diets to create a special brain-boosting plan. She married the popular Mediterranean Diet to DASH, or Dietary Approaches to Stop Hypertension, focusing on foods that improved brain function and reduced mental decline.

Her team of researchers studied almost 1,000 Chicago-area seniors for four and a half years and found that 144 participants developed Alzheimer’s, which is consistent with the statistic that about one in nine become sufferers.

However, the longer people followed the MIND diet, the less risk they had of developing the disease. Participants who strictly adhered to the MIND diet lowered their risk by 53 percent, while even those who loosely followed the plan lowered their risk by 35 percent. The MIND diet includes 10 healthy food groups: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine.

Edelmayer tells *Health Radar* that there are still new ideas and clinical trials ongoing to help find effective treatments and a cure for this devastating disease. “Past failed clinical trials sound discouraging, but research in Alzheimer’s drug development has not stopped,” she says. “In fact, there are more than 200 trials in Alzheimer’s and dementia research going on. So there are still many new ideas for the possible prevention and treatment of Alzheimer’s.” □



Making **YOU** Live Healthier

with Mehmet Oz, M.D. & Michael Roizen, M.D.

Understanding Pain Treatment

People who are dealing with serious acute and chronic pain issues are becoming increasingly alarmed about whether their opioid prescriptions will remain available. If you're someone who's looking at a major surgery, are dealing with chronic pain from conditions such as Crohn's disease or rheumatoid arthritis, or are in palliative care after battling cancer, you should know there's a lot of misinformation out there.

Unfortunately doctors, pharmacists, and patients can fall victim to faulty reporting and make decisions based on "facts" that are actually only half-truths.

We know it's not easy to be your own best patient advocate when you are in pain, but you need to be aware of what your state and your insurance plan allow, and be able to clarify that information for your doctor or surgeon if the need arises.

To discover what rules apply to you, check out Affirm Health's state by state opioid prescribing guidelines at www.affirmhealth.com. Also, get in touch with a certified pain management specialist who can help you manage your pain.

How New Laws Affect You

Colorado's 2018 Senate Bill 18-22 Clinical Practice for Opioid Prescribing is very similar to many bills across the country. At face value, it seems to limit a patient's initial opioid prescription to a seven-day supply "if the prescriber has not written an opioid prescription for the patient in the last 12 months."

But if you read on, you'll see the bill continues: "The prescriber may exercise discretion in including a second fill for a seven-day supply. These limits do not apply, if, in the judgment of the prescriber, the patient . . . is experiencing postsurgical pain that, because of the nature of the procedure, is expected to last more than 14 days."

So you're able to get the pain management you need, but your pain management specialist, your

surgeon, and you need to know the local law. And make sure everyone is aware of the paperwork it takes to move forward.

Fortunately, the Food and Drug Administration and others are beginning to recognize that while a person may become dependent on opioids if they are used to control even acute pain, most people want to stop taking them. A pain management specialist can work with the patient to taper off the medication as the pain eases. Rapid forced tapering of opioids torments patients and can lead to use of illicit pain relievers, risking death from fentanyl exposure and even suicide.

Alternatives to Opioid Therapy

There has been significant progress in the past few years concerning the amount of opioids being prescribed. According to a report in *JAMA Internal Medicine*, "Since January 2017, the amount of MMEs [that's a measure of morphine milligram equivalents applied to opioids] prescribed has declined 19.4 percent, and the number of patients receiving buprenorphine, an FDA-approved treatment for opioid withdrawal, has increased 21 percent."

The National Survey on Drug Use and Health says the number of Americans reported to be misusing pain relievers has "significantly decreased." In large part, this is due to awareness of how a combination of 1) food choices; 2) physical, occupational and exercise therapy; 3) cognitive behavioral therapy, as well as routine stress management practice; and 4) non-opioid pain medications may be even more effective than opioids at reducing pain.

So find out the regulations in your state, and work with doctors to develop a pain management plan that incorporates these other techniques. □

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Achieve Effortless Weight Loss Using Natural Substances

By Gary Greenberg

Everybody wants a magic pill for weight loss. While that doesn't exist yet, there are several natural substances in supplement form that can safely help cells burn more calories, block fat production, and limit its accumulation. That leads to almost effortless weight loss.

“Technology has ushered in a new era of metabolic manipulation, allowing us to alter the ways cells produce and store energy,” says anti-aging expert Dr. Sandra Kaufmann. “The identification of useful plants from around the world gives us a cornucopia of natural, time-tested molecular agents that have been studied by scientists, and their magical powers revealed.”

Here are some natural substances that will help you shed those extra pounds with ease:

Burning More Calories

Getting cells to burn more calories involves controlling mitochondria, the organelles that turn glucose from food into ATP, the body's energy currency.

“When you ingest calories, they either go to work providing energy or get stored as fat,” explains Kaufmann, author of “The Kaufmann Protocol: Why We Age and How to Stop It.”

“If you can interfere by making mitochondria slightly less efficient, it takes more calories to get to the same endpoint. It's called mitochondrial uncoupling. Basically, you burn more calories

by doing nothing different.”

Cistanche deserticola is a holoparasitic plant, meaning it has no chlorophyll and gets its nutrients from a host plant. Native to the Far East, it has been used in traditional medicine for more than 2,000 years and affects mitochondria by uncoupling proteins that can make the power generators less efficient. The plant not only has a role in weight loss, but according to a study in the journal *Frontiers in Pharmacology*, it has anti-aging properties and may enhance immunity, memory, and sexual function.

Naringenin is another substance that sparks uncoupling proteins to ramp up calorie burn. Found primarily in citrus fruits, it is a traditional Chinese medicine staple, also called Gu Sui Bu — Mandarin for “mend broken bones,” because it is also renowned for improving bone density.

Ursolic acid manipulates metabolic pathways to burn more fat and build muscle. Found in the peels of apples and other fruits, as well as many herbs, lab studies suggest it also inhibits cancer cell proliferation and cognitive decline.

Blocking Fat Production

“Innumerable enzymes are necessary for the body to produce and store fat. Fortunately, they can be partially blocked,” Kaufmann tells *Health Radar*. “The outcome is reduced fat production without the need for a personal trainer.”

Ecklonia cava is derived from brown seaweed native to the

waters of Korea and Japan, and it can inhibit fat production by changing the way a lipid-related gene expresses itself. A 2011 study found that ecklonia cava decreases body mass index, waist circumference, total cholesterol and a key marker for atherosclerosis, which is an accumulation of fat in arteries.

Ellagic acid inhibits an enzyme needed for fat production. The compound is found in green tea, pomegranates, some berries and nuts, and eucalyptus bark. It also has anticancer properties.

Blocking Fat Accumulation

Delphinidin, a flavonoid in blueberries, grapes, pomegranates, and other pigmented fruits, is partially responsible for some of the benefits associated with drinking red wine. It limits fat accumulation and promotes the breakdown of fat in the body, also known as lipolysis.

Montmorillonite is a natural clay material that Australian scientists were recently studying for drug delivery usage when they made an accidental discovery — it also “soaked up” fat. “Not only were the clay materials trapping the fats within their particle structure, but they were also preventing them from being absorbed by the body,” Tahnee Dening, a researcher at the University of South Australia, notes in a December 2018 news release. While montmorillonite is not yet available as a dietary supplement, Dening tags it as “potentially a cure for obesity.” □

6 Health Benefits of Spinach

Popeye was right. Spinach IS a superfood that not only makes your muscles grow, it helps your heart stay healthy, revs up your energy and even encourages hair growth. With a plethora of vitamins and minerals and few calories, it offers many health benefits, including the following:

- **Better heart health.** When it comes to being good for cardiac health, few vegetables can beat spinach. It contains omega-3 fatty acids as well as folate, which can lower homocysteine levels. It also contains lutein, which Swedish researchers found reduced inflammation in arteries, while the fiber in this leafy green helps lower cholesterol levels. The most heart-healthy benefits are derived from eating fresh spinach raw.

- **Higher energy levels.** If you are a victim of the afternoon slump, try eating a cup of cooked spinach for lunch. Cooking helps you absorb the iron in spinach. That helps transport oxygen into red blood cells. Spinach also contains a hefty dose of magnesium, which the body needs for energy production.

- **Sharper eyesight.** According to the Scripps Research Institute, studies show that just three servings of spinach per week was linked to a 43 percent lower risk of developing macular degeneration.

- **Healthier skin and hair.** “Spinach is high in vitamin A, a nutrient required for sebum production to keep hair moisturized,” says Megan Ware, a registered dietitian from Orlando, Fla. “Vitamin A is also necessary

for the growth of all bodily tissues, including skin and hair.”

- **Greater bone density.** Spinach is a good source of calcium and vitamin K, two nutrients that play important roles in bone health. They can increase bone density and reduce the risk of fractures, making them a valuable component of an osteoporosis prevention diet.

- **Lower cancer risk.** The presence of antioxidants has a protective effect against cancer. Nutrients like beta-carotene and vitamin C in spinach help block free radicals and cancer-causing substances before they can do damage. WebMD suggests that spinach can especially reduce the risk of cancer of the mouth, esophagus, and stomach. □

4 Myths & Facts About Metabolism

Almost every article about weight loss talks about ways to boost your metabolism — the process in which we burn energy from the foods we eat. But like many topics regarding health and nutrition, myths abound about just how we can control our metabolism. Here are four common myths and the facts:

1. Genetics cause metabolism to slow down after 30.

Metabolism does slow down after 30 but it’s not entirely due to genetics. The fact is that we tend to get less physical activity, spending long hours sitting in an office in our 30s. Women experience hormonal changes

around this time that can also wreak havoc.

2. Aerobic exercise is the best way to boost metabolism.

While aerobic exercise does burn calories, strength training is a better way to boost metabolism. Strength training builds muscle mass, which makes you need more calories. You will even burn calories at rest because your muscles require fuel and oxygen.

3. Skinny people have faster metabolism. Because muscle mass burns calories, the truth is skinny people usually don’t have faster metabolism. “The more you weigh, the more oxygen your muscles need to support that

weight and your body functions,” says Jason Karp, Ph.D. Muscles use more energy than fat when at rest, which means you’re burning fuel even when you’re not engaged in physical activity.

4. Eating at night means weight gain. Timing and frequency of meals doesn’t impact metabolism, says Dr. Yoni Freedhoff from the University of Ottawa. Just as the distance a car can travel is not influenced by what time it is filled with gas, quality and quantity are what ultimately matter. Eating nutrient-rich foods and keeping calorie intake down will keep your metabolism humming. □

Radiation Is All Around Us — Learn to Protect Yourself

By Gary Greenberg

Radiation can be dangerous to your health, and it doesn't have to come from a nuclear weapon or power plant leak. In fact, your chances of being exposed to radiation are far higher than you might imagine.

Radon gas in buildings and medical imaging tests are the most common ways people are exposed to ionizing radiation, the most dangerous kind. But even "smart" electronic devices, computer screens and other everyday items emit potentially damaging radiation. There's even evidence that flying too often can be downright unfriendly to your health.

In a recent study, researchers at Harvard T.H. Chan School of Public Health found that flight attendants are at increased risk for at least seven types of cancer, including breast, thyroid, and skin cancers.

"The reason for that, in most people's views, is flight attendants and pilots spend a lot of time at high altitude, where there is less atmosphere to protect them from ultraviolet light and cosmic rays," says Dr. Nagy Elsayyad, an oncology expert at the University of Miami Sylvester Comprehensive Cancer Center.

No Amount Is Safe

While most of us aren't airborne enough to increase our risk, we are exposed to plenty of radiation back on Earth. Much of it is natural — contained in the soil, water, air and food we eat. We can't really avoid this "continuous low-dose exposure," which can take a toll over the long term.

"No amount of radiation is safe," Elsayyad tells *Health Radar*. "Continuous low-dose exposure increases DNA damage while decreasing DNA repair, and cancer can develop over the long term."

While there is no debate that ionizing radiation is damaging, the jury is still out on non-ionizing radiation, such as radio frequency (RF), which cell phones and other "smart" electronic devices use to communicate with cell towers. Many experts insist RF from electronics is harmless, but there is growing concern that the cumulative effect may cause damage over time.

"In a way, we've all unwittingly become part of an uncontrolled population-wide experiment on cell phone safety," says Chris Kresser, a leading natural health practitioner. "We don't know that it's harmful, but it makes sense to take reasonable measures to reduce exposure in case it is."

Take Action

Here are some things you can do to protect yourself from various forms of radiation:

Check for radon. Radon accounts for about half of our ionizing radiation exposure, so check your home for the gas. It can be mitigated by handy homeowners or professionals.

Go green. The chlorophyll in leafy greens and other veggies helps thwart the effects of radiation. The best choices are water vegetables, including seaweed, kelp, spirulina, and chlorella, because they are rich in iodine, which helps support the radiation-sensitive thyroid gland.

Eat a rainbow. Different pigments in food offer different types of antioxidants, which help protect cells against a variety of toxic substances and radiation. So munch a bunch of berries, peppers, grapes, sweet potatoes, beets, greens, or other brightly-colored whole foods.

Take supplements. The ACE vitamins — A, C, and E — are especially high in antioxidants. N-acetylcysteine (NAC) helps prevent DNA damage from radiation by supporting the body's "master antioxidant" glutathione. Alpha lipoic acid is a potent antioxidant that is both water- and fat-soluble.

Be smart about imaging tests. X-rays and especially CT scans bombard the body with small but significant amounts of ionizing radiation. "Doctors should only order what is needed to make a proper diagnosis," says Elsayyad. "I wouldn't want patients to shy away from necessary tests, but they could ask the physician if there is another way to make the diagnosis."

Practice safe cell-phoning. Reduce exposure to RF by using hands-free devices or the speaker on your phone, and keep your cell phone at least six inches away from your body. □

Understanding Shingles and Learning How to Treat It



Dr. Emanuel Nazario-Irizarry is board-certified in internal medicine and practices at Kelsey-Seybold's Department of Internal Medicine at Clear Lake Clinic. He is a member of the American College of Physicians.

Q: What is shingles?

A: Shingles is a viral infection that causes a painful and blistering rash. Each year, there are more than 1 million cases of shingles reported in the United States. Because it's caused by the same virus that causes chickenpox, the varicella-zoster virus, if you've had this childhood disease chances are you are at greater risk for developing shingles. The virus lies inactive in nerve tissue and may reactivate at any time. People over 50 are at greater risk. People with compromised immune systems due to diseases like HIV and cancer, those undergoing chemotherapy, and those taking certain medications also have higher risks.

Q: What are the symptoms of shingles?

A: In addition to a painful rash accompanied by fluid-filled blisters most commonly on the torso, there may be intense discomfort and sensitivity, itching, fever, headache, and fatigue. The rash can last 7 to 10 days. Potential complications of shingles may include secondary infections of the skin, long-term pain called postherpetic neuralgia, and in cases where the facial area is involved, ocular damage with vision loss. It's important to seek medical help to avoid these complications if you suspect you may have shingles.

Q: What is the course of treatment?

A: There is no cure for shingles but there is treatment. Your doctor may prescribe antiviral medications like Zovirax or Valtrex that can help shorten the duration and intensity of symptoms, especially in patients over age 50. It's important to note that these medications should be started

within 72 hours after the initial symptoms are observed. They are taken orally for seven days.

While the rash is present, you shouldn't apply creams or ointments because that can lead to secondary infections. If the pain is acute, oral anti-inflammatories can be taken. When the rash is no longer present, patients can potentially develop postherpetic neuralgia and develop long-term pain in the area where the rash appeared. This type of nerve pain can be treated with short-term lidocaine or capsaicin ointments and creams that block pain signals from nerve endings in the skin. There are also oral medications for this pain.

Q: Should people get the shingles vaccine?

A: I agree with the recommendations of the Centers for Disease Control and Prevention (CDC) that all healthy patients ages 50 and older should be vaccinated for shingles even if they have had a prior episode. The vaccine helps reduce the risk for developing shingles and lowers the risk of complications. People who have compromised immune systems should be evaluated by their doctor and vaccinated on a case-by-case basis.

Q: What's different about the two vaccines?

A: There is a "non-live" vaccine called Shingrix made up of virus components that requires two doses of an intramuscular injection two to six months apart. Another vaccine called Zostavax is a live vaccine given as a single injection, usually in the upper arms. It's generally recommended that patients choose Shingrix because it appears to provide greater protection. The potential side effects for both vaccines are injection site reactions such as pain and redness, muscle aches, fever, and headache. Always check with your healthcare provider to determine whether or not you are a candidate to get the shingles vaccine, and to help choose which vaccine would work best in your situation. And note that you may have to get the shot at your pharmacy instead of your doctor's office for insurance plans to cover the cost. □

Allergy-Free? How Seasonal Allergies Can Hit Anyone & What to Do

By Stacey Colino

More than 50 million people in the U.S. have allergies, and approximately 8 percent of adults are allergic to pollen (a condition called hay fever or allergic rhinitis), according to the Centers for Disease Control and Prevention. If you don't think you're a member of that group because you haven't suffered watery eyes, runny nose, sneezing, congestion, or coughing, you aren't in the clear, unfortunately.

Research suggests that the prevalence of allergies is on the rise in our changing climate, due in part to various factors that promote longer growing seasons for the plants that trigger seasonal allergies. Here are four other things you may not realize about seasonal allergies:

Even if you didn't have allergic rhinitis as a child, you could get it as an adult.

Seasonal allergies often emerge in childhood or young adulthood, but there's no expiration date for when they can strike, says Dr. Nicholas Hartog, M.D., an allergist and clinical immunologist in Grand Rapids, Mich. Even older adults can develop significant hay fever symptoms for the first time. That's because in those who come from a family that's prone to allergies of any kind, the susceptibility to develop an allergy is always there. So if you develop sneezing, a runny or stuffy nose, or itching in your eyes, mouth, or skin

in the spring, summer, or early fall, don't dismiss the possibility that it could be due to a tree, grass, or weed allergy.

Your allergies can evolve over time.

If tree or grass pollens didn't bother you when you were a kid but ragweed did, it's possible that you could react to different culprits now. The truth is that you can develop allergies to new things at any age. Sometimes it has to do with changes in your immune system; other times it's related to the level of exposure or the intensity of a particular pollen season, says Dr. Michael Schatz, M.D., an allergist/immunologist in San Diego. Also, if you got allergy shots for, say, a ragweed allergy when you were younger, you might develop immunity to that particular allergen. But because you still have an underlying allergic tendency, you might later develop an allergy to certain trees that you didn't previously have a reaction to.

Seasonal allergies can lead to asthma flare-ups.

Many people don't realize that allergies and asthma are connected. Not only do the two conditions often coexist, but also when someone has seasonal allergies (to certain forms of pollen), the offending culprits can trigger asthma symptoms such as coughing, wheezing, chest tightness, and shortness of breath. This is sometimes referred to as "allergic asthma,"

which needs to be treated with medications such as inhaled steroids or bronchodilators for the asthma symptoms, Schatz says. By themselves, antihistamines won't necessarily protect you from asthma flare-ups.

It's best to start taking antihistamines before symptoms appear.

If you know that you have seasonal allergies, don't wait for symptoms to occur to start taking allergy drugs. It's more effective to try to prevent allergy symptoms than to try to eliminate them. The reason is that histamine, a chemical that's part of the body's immune response, is released when an allergy-prone person is exposed to the allergen. By the time symptoms such as nasal congestion, itching, and sneezing emerge, those histamines are doing their dirty work. By contrast, "if you start taking antihistamines before allergy symptoms appear, they can block histamine before it has an effect on you," Schatz explains. If your allergy symptoms have a fairly consistent seasonal pattern, it's best to start taking antihistamines every day a week before the offending type of pollen emerges.

Keep in mind that while antihistamines relieve sneezing and itchiness, they usually don't help with nasal stuffiness, which responds better to a nasal steroid spray. Because nasal steroid sprays take a week or two to have anti-inflammatory effects, Hartog says, it's also best to start using these before allergy symptoms appear. □

7 Crucial Supplements to Take After Age 50

Your body goes through major physiological changes as you age, and often your diet is not adequate for supplying much-needed nutrients, says nutritional expert Tara Collingwood, M.S., R.D.N., co-author of “Flat Belly Cookbook for Dummies.”

“Men and women alike are susceptible to bone loss, muscle loss, hormonal changes, and the dreaded middle-age spread,” the Orlando-based dietitian tells *Health Radar*. “We see and feel these changes in our achy joints, vision impairment, heart complications, weight gain, decreased memory retention, and lack of energy — all of which are tied directly to nutrition.”

Many people don’t take the time to eat properly. And even if you do consume a healthy diet, chances are you’re not getting the nutrients you need from food that comes from depleted soil.

“Supplements play a role in maintaining health, especially when the diet isn’t balanced or consistent,” Amy Shapiro, M.S., R.D., founder and dietitian at Real Nutrition NYC, tells *Health Radar*. “I usually recommend getting nutrients from food first, but if that isn’t possible, I recommend vitamins to act as a safety net.”

Here are the top picks for folks over 50 years old:

1. **Coenzyme Q10.** Dr. Stephen Sinatra, M.D., a leading integrative cardiologist and author of “Reverse Heart Disease Now”, explains that CoQ10 sparks energy production in every cell of the body, including your heart. “I’ve had patients who thought their energy decline was due to old age, but after taking CoQ10, they literally felt 10 years younger.” He recommends at least 100 milligrams daily.
2. **Omega-3 fatty acids.** Collingwood says that omega-3s can help reduce inflammation and may improve brain and heart health. She recommends 1,000 mg per day of combined DHA/EPA supplements.
3. **Calcium.** “If you are not getting at least two sources of calcium-rich foods daily, such as 8 ounces of milk, 6 ounces of yogurt, 1.5 ounces of cheese or a serving of a calcium-fortified beverage, then I recommend taking a calcium supplement to preserve bone density,” says Collingwood, who is the team dietitian for the Orlando Magic pro basketball team. Her recommendation is to take 500 mg daily.
4. **Resveratrol.** Sinatra says: “We need antioxidant support as free radical oxidative stress is everywhere.” Resveratrol is a powerful antioxidant that the expert feels is a key to better heart health and longevity. A good starting point, he says, is 30 mg daily.
5. **Vitamin D.** Lisa Lynn, best known as Martha Stewart’s trainer and the best-selling author of “The Metabolism Solution”, tells *Health Radar* that our vitamin D requirements go up as we age, yet we tend to get less. It’s estimated that one in four Americans ages 50 to 70 are not getting enough vitamin D, which is needed to absorb calcium. “It helps with bone health, but also reduces the risk of heart attack and stroke, allergies, asthma, and inflammation,” notes Dr. Tod Cooperman, M.D., founder of ConsumerLab.com. The National Institutes of Health recommends 600 IU daily for adults over the age of 50 and 800 IU for those over 80.
6. **Vitamin B12.** As we age, we lose a protein made by the gut that enables the body to absorb the vitamin B12 naturally found in foods. Because B12 supports brain, blood cell, and overall health, people over 50 especially should consider supplementation, according to the NIH. The recommended daily dosage is 500 micrograms.
7. **Chromium.** After age 50, your metabolism starts to get a little sluggish; taking chromium supplements may help that problem. This mineral plays an important role in regulating blood sugar, which can improve absorption and distribution of nutrients from the foods you eat. It may also increase muscle mass and fat loss, as well as decrease appetite and food intake, according to the NIH. The recommended daily dosage is between 50-200 micrograms daily. □

FDA Approvals: Depression, Lung Cancer, Heart Failure

Compiled exclusively by Health Radar, here are the most significant new drugs and medical devices approved by the U.S. Food and Drug Administration.

Nasal Spray for Depression

Spravato (esketamine) nasal spray was approved to treat depression in cases where other antidepressants have failed. Citing the possibility of sedation and other side effects, the medication's distribution will be strictly controlled. Spravato's label includes a boxed warning of users' risk of sedation and difficulty with attention, judgment, and thinking. Users should be monitored by a healthcare provider for at least two hours after receiving Spravato.

Spravato was evaluated in four clinical studies, during which some users took the nasal spray and an oral antidepressant they hadn't tried before. Those who used Spravato showed a significantly longer time to relapse of depressive symptoms than people who took a placebo nasal spray plus an oral antidepressant. The spray's most common side effects were dissociation, dizziness, nausea, sedation, vertigo, decreased sensitivity, anxiety, sluggishness, increased blood pressure, vomiting, and feeling drunk.

More serious side effects could include impaired attention, judgment, thinking, reaction speed, and motor skills. Spravato also may harm a developing fetus, and women of childbearing age should consider pregnancy planning.

Small Cell Lung Cancer Drug

Tecentriq (atezolizumab) has been approved to treat adults with extensive-stage small cell lung cancer (ES-SCLC). The drug has been approved as a first-line treatment for the disease, to be used in combination with the chemotherapy drugs carboplatin and etoposide. Tecentriq was evaluated in a clinical study involving 403 adults who had received no prior chemotherapy, the FDA said in a news release. Average survival for those who took the Tecentriq combination was 12.3 months, compared to 10.3 months among those who took the chemotherapy drugs and a placebo. The most common side effects among the Tecentriq group were

fatigue, nausea, temporary baldness, constipation, and loss of appetite.

Heart Failure Device

The Optimizer Smart System was approved for people with chronic, moderate-to-severe heart failure who are not candidates for other heart failure remedies. The new system includes an implantable pulse generator, battery charger programmer, and software. The pulse generator is implanted under the skin in the upper left or right area of the chest and is connected to three leads that are implanted in the heart. It delivers electrical impulses to the heart to help improve the organ's pumping capability.

Candidates for the system should have a regular heart rhythm, not be eligible for cardiac resynchronization therapy and have a left ventricular ejection fraction of 25 to 45 percent, which is below the normal ejection fraction of 55 to 75 percent. Potential complications include infection, bleeding, worsening heart failure, and fracture of the leads implanted in the heart. □

Attention Health Radar Readers

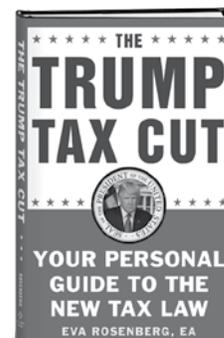
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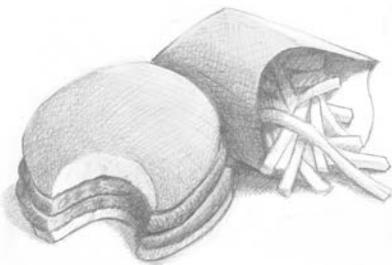
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SAFFRON AS EFFECTIVE AS RITALIN

A study of children ages 6 to 17 with attention-deficit hyperactivity disorder (ADHD) found that the spice saffron is as effective at controlling symptoms as the commonly prescribed drug Ritalin (methylphenidate). Researchers also discovered that saffron (*Crocus sativus* L.) has antidepressant and memory-enhancing properties, and may be an alternative for the 30 percent of patients who either do not respond to or can't tolerate Ritalin. The study was published in the *Journal of Child and Adolescent Psychopharmacology*.



JUNK FOOD LINKED TO SEVERE MENTAL ILLNESS

Research from Loma Linda University found that junk food is linked to both moderate and severe mental illness, regardless of a person's gender, education, age, marital status, or socio-economic level. Like similar studies, the scientists said their results showed increased sugar consumption to be linked with bipolar disorder. Foods that have been fried or contain high amounts of processed grains and sugar also appear to be linked with depression when compared to people who eat healthier diets.

BREAST SCREENING LOWERS CANCER DEATH RISK

Women who take part in regular breast screening slash their

risk of dying from breast cancer compared to women who are not screened. The study from Queen Mary University of London found that screening lowered risk by 60 percent within 10 years of diagnosis and by 47 percent within 20 years after diagnosis. The authors contend that the benefit is due to catching cancers at an earlier, more curable, stage.

STUDY FINDS PATH TO HUGE BOOST OF OMEGA-3 FATTY ACID LEVELS IN BRAIN

Studies have suggested that higher levels of the omega-3 fatty acids DHA and EPA in the brain help conditions such as Alzheimer's disease and depression. However, getting supplements, often in the form of fish oil, past the blood-brain barrier and into the brain is difficult. To get enough omega-3 to the brain to measurably increase EPA levels, a person would have to drink about an ounce-and-a-half of fish oil every day. But now researchers at the University of Illinois at Chicago found that adding a lysophospholipid form of EPA to diets can increase levels of EPA 100-fold in the brain — at least in mice. EPA, in the form of lysophospholipid, can pass the blood/brain barrier, unlike fish oil supplements. Researchers plan to perform more studies to see if increasing omega-3 fatty acids in the brain can actually help prevent and treat Alzheimer's and depression.

POMEGRANATES REDUCE IBD

A compound called urolithin A, created by the body from polyphenols found in pomegranates and some berries, can reduce inflammatory bowel

disease (IBD) as well as protect against developing the condition. Urolithin A (UroA) is a microbial metabolite that increases the proteins that tighten cell junctions in the gut barrier, which prevents toxins from leaking out and causing the inflammation characteristic of IBD. The study, conducted at the University of Louisville, was published in *Nature Communications* and showed that it was effective against IBD in the form of either ulcerative colitis or Crohn's disease. Currently, few long-term treatments are available.

TRANSGENDER THERAPY CARDIO DANGERS

Patients who receive hormone therapy during gender transition appear to face a much higher risk for developing heart disease, say Dutch researchers. Trans women, who were born men and then took hormones to transition to female, had more than double the heart risk than other women and their stroke risk was twice that of men. In addition, deep vein clot risk was five times that of other women and 4.5 times that of men. For trans men, their heart attack risk was tripled when compared to women.

VITAMIN D DEFICIENCY LINKED TO DEPRESSION

Seniors who are deficient in vitamin D greatly increase their risk of depression, says an Irish study. Researchers followed older adults over a four-year period, and found that vitamin D deficiency increased the risk of depression by 75 percent. Maintaining adequate vitamin D is essential in older adults, say researchers, because the nutrient

may help protect the brain from changes associated with aging and neurodegenerative conditions such as dementia, Parkinson's disease, and multiple sclerosis.

NUTS REDUCE HEART DISEASE AMONG DIABETICS

If you have Type 2 diabetes, adding nuts to your diet can reduce your odds of heart disease, says a Harvard study funded by the National Institutes of Health. Eating five servings or more a week of tree nuts, such as walnuts and almonds, lowers the odds of heart disease by 17 percent, and reduces the risk of dying from cardiovascular disease by 34 percent when compared to people who ate less than one serving a month. "Our findings provide new evidence that supports the recommendation of including nuts in healthy dietary patterns for the prevention of cardiovascular disease complications and premature deaths among individuals with diabetes," said lead study author Gang Liu.

LENGTH OF RADIATION THERAPY SLASHED FOR PROSTATE CANCER

A form of radiation therapy called stereotactic body radiotherapy can safely treat men with low or intermediate risk of prostate cancer and cut therapy to four to five days, says a new long-term study led by UCLA. The study found that cancer recurrence rates were almost identical to those following conventional treatment, which consists of 45 days of treatment that takes nine weeks, without additional toxicity. In addition, stereotactic body radiation

is more cost effective, and research suggests that patients have fewer regrets about undergoing treatment.



DIET SODAS RAISE WOMEN'S HEART RISKS

Drinking diet sodas or artificially sweetened fruit juices can raise an older woman's risk for heart disease, finds a study from Albert Einstein College of Medicine. While women who drank at least two artificially sweetened beverages a day increased their risk of heart disease by 29 percent, the risk of stroke was doubled for obese women and quadrupled for black women.

HOW EXERCISE PROTECTS AGAINST ALZHEIMER'S

Studies have suggested that exercise decreases the risk of Alzheimer's disease, but researchers didn't understand why. While exercise is known to flood the body with "feel-good" hormones called endorphins, a study published in the journal *Nature Medicine* found that another hormone called irisin, which is also released during physical activity, may promote the growth of neurons in the brain's hippocampus, a region vital for learning and memory. Experiments in mice found that irisin protects the brain's synapses (the point where nerve impulses are transmitted from one neuron to another) and also protects memory, which was weakened when irisin was disabled in the brains of healthy mice. When levels of irisin were boosted, both synapses and memory improved.

SMOKING DAMAGES VISION

People who smoke more than a pack of cigarettes a day can damage their vision, says research from Rutgers University. Adults with normal or corrected-to-normal vision were studied. The study showed significant changes in the smokers' red-green and blue-yellow color vision, which suggested overall color vision loss when compared to nonsmokers, as well as a reduced ability to discriminate contrasts and colors.

GENES MAY DETERMINE MARITAL BLISS

Your long-term marital happiness may depend on your genes, says a study from Yale University. It suggested that couples where at least one partner had a genetic variation known as the GG genotype that affects oxytocin — the "love hormone" — had greater feelings of marital satisfaction. "This study shows that how we feel in our close relationships is influenced by more than just our shared experiences with our partners over time," said lead author Joan Monin.

DOES MARIJUANA SLOW COLON CANCER?

Some compounds found in marijuana may inhibit the growth of colon cancer, say researchers from Penn State College of Medicine, who tested human cancer cells. Although the two compounds most frequently associated with marijuana — THC and CBD — showed little effect, 10 other compounds were effective at slowing growth in all seven types of colon cancer cells tested. Researchers hope the compounds will eventually be developed into drugs that can help treat cancer. □

Blueprint for Beating Diabetes

Americans are in the midst of a diabetes epidemic. Almost 10 percent of the population — more than 30 million people — suffers from the potentially deadly disease. In people 65 or older, 25.2 percent have diabetes. And 84 million people in the United States have prediabetes, which can develop into diabetes if not addressed.

New evidence reveals that a multipronged approach to lifestyle changes can stave off Type 2 diabetes, and even help reduce the amount of insulin needed for those with Type 1 diabetes. That approach includes eating a plant-based diet, exercising, and according to the latest research, reducing stress.

Dr. Joel Fuhrman, M.D., author of the best-selling book, “The End of Diabetes,” tells *Health Radar* that the disease is not only preventable, but with the right blueprint, can be reversed.

“Type 2 diabetes can be prevented, treated, and even reversed with substantial diet and lifestyle modifications,” he says. “The goal is a combination of exercise and a high-nutrient, low-glycemic diet rich in vegetables, nuts, seeds, beans, and low-sugar fruits.”

In one study, 90 percent of participants were able to eliminate diabetes medications and drop their mean HbA1c levels from an average of 8.2 to 5.8 percent, which is within the normal range.

Eliminate Stress

A new review published in the *European Journal of Endocrinology* suggests that a stressful work environment may increase the risk of developing Type 2 diabetes in women.

“This likely has to do with both the nature of how stress changes our internal environment, including metabolic and hormonal shifts that promote inflammation,” says Dr. Heidi Hanna, Ph.D., aka “The Stress Detective.” The executive director of the American Institute of Stress, notes that stress can also cause lack of sleep, promote unhealthy eating habits, and lead to a sedentary lifestyle.

Other risk factors for Type 2 diabetes include lack of physical activity, being overweight, and having a history of obesity.

Living with depression has also been shown to increase the risk of diabetes, and the newest research shows that work-related stress raises the likelihood

that more women will develop the disease.

Guy Fagherazzi, a senior research scientist at the Centre for Research in Epidemiology and Population Health at the research institute Inserm in Paris France, found that “mentally tiring work” raises the risk by 21 percent.

“Both mentally tiring work and Type 2 diabetes are an increasingly prevalent phenomena,” he says. “This finding underscores the importance of considering mental tiredness as a risk factor for diabetes in women. Therefore, greater support for women in stressful work environments could help prevent chronic conditions such as Type 2 diabetes.”

Steps to Recovery

Fuhrman, who operates a retreat in California where those who suffer from diabetes can learn the principles firsthand, outlines these steps to beat diabetes:

- 1. Make greens and beans staple foods.** Greens provide nutrients including phytochemicals that have anti-inflammatory effects and lower blood glucose levels. Beans improve body weight, fasting glucose levels, and cardiovascular risk factors in patients with Type 2 diabetes.
- 2. Eat more nuts, seeds, and avocado.** These foods are valuable because their glycemic effects are negligible and they provide powerful protection against heart disease. Nuts also help preserve insulin sensitivity.
- 3. Start exercising.** Exercise reduces blood glucose and promotes insulin sensitivity even if you can only exercise five minutes at a time. “Start small and build up slowly over time,” says Fuhrman.
- 4. Cut out all refined carbs, oils, added sugar, and sweeteners.** “These foods make up more than half of the calories in the typical American diet, and they are dangerous,” he adds. “They drive up blood glucose, promoting insulin resistance and oxidative damage to cells and tissues.”
- 5. Strictly limit animal products.** Research has shown that diets higher in plant proteins like nuts, seeds, and beans, and lower in animal proteins are linked to a lower risk of Type 2 diabetes and can enable diabetic recovery. For more information, visit www.dr.fuhrman.com. □

The Truth About CBD Oil's Healing Properties

The use of CBD oil is soaring in popularity, according to a recent survey conducted by ConsumerLab.com. But despite many claims about the product's miraculous ability to reduce pain and anxiety, among other things, there is still much confusion about what it really can do.

Dr. Tod Cooperman M.D., president of ConsumerLab.com, summarized how fast CBD is growing in popularity, telling *Health Radar*: "At the end of 2017, only 5.6 percent of [survey] respondents reported using CBD oil. In 2018, that number rose to 11.9 percent, representing a year-over-year growth of 113 percent."

Still, many consumers are asking the questions, "What is CBD?" and "Does it work?"

CBD, which stands for cannabidiol, is derived from hemp, a member of the cannabis plant family. Marijuana is also a member of this family. However, marijuana contains more of a compound called THC, which has psychoactive effects and gets you "high."

Hemp has less than 0.3 percent of THC and contains more CBD, which doesn't alter a person's state of mind but has been shown to have medical benefits.

Last June, the Food and Drug Administration approved the prescription use of Epidiolex, a purified form of CBD, for treating two types of epilepsy.

Dr. Fabrizio Mancini, M.D., author of "The Power of Self-Healing" and president emeritus

of Parker University, tells *Health Radar* he has been using a full spectrum form of CBD oil for a year and found it to be excellent for inflammation, pain relief, and overall well-being.

"You want to buy a full spectrum hemp oil so the product has all the benefits of the different cannabinoids that hemp has to offer, including a trace amount of THC," he says. "The main benefits I have seen in my personal practice are anti-inflammatory properties, anxiety relief, better sleep, and relief of joint and muscle ache."

Studies back up these claims. Here are several health conditions that CBD can help:

Pain relief. One study found that an oral spray containing THC and CBD reduced pain in people with rheumatoid arthritis. Another study published in the *Journal of Experimental Medicine* found that CBD significantly reduced chronic inflammation and pain in mice and rats. The study authors suggested that nonpsychoactive CBD could provide a new treatment for chronic pain instead of relying on anti-inflammatory drugs that can have serious side effects.

Quitting smoking and addiction. There is some promising evidence that CBD use may help people quit smoking. A study published in *Addictive Behaviors* found that smokers who used inhalers containing CBD smoked fewer cigarettes than usual and had no further cravings

for nicotine. A similar review, published in *Neurotherapeutics* found that CBD may be a promising treatment for people with opioid addiction disorders.

Fighting cancer. Authors of a review published in the *British Journal of Clinical Pharmacology* found evidence that CBD significantly helps to prevent the spread of cancer. The researchers also noted that the compound tends to suppress the growth of cancer cells and promote their destruction with low levels of toxicity.

Anxiety disorders. In another review published in *Neurotherapeutics*, researchers found that CBD may help reduce anxiety in people with disorders such as post-traumatic stress, panic, social anxiety, and obsessive-compulsive disorders.

Type 1 diabetes. Type 1 diabetes results from inflammation that occurs when the immune system attacks cells in the pancreas. Research published in the *Clinical Hemorheology and Microcirculation* found that CBD may ease this inflammation in the pancreas. This may be the first step in finding a CBD-based treatment for diabetes.

Alzheimer's disease. Initial research published in the *Journal of Alzheimer's Disease* found that CBD was able to prevent the development of social recognition deficit in patients. This means that CBD could help people in the early stages of Alzheimer's retain the ability to recognize the faces of people they know. □

Less-Toxic Chemotherapy

Chemotherapy can be very effective at killing cancer cells, but it also kills healthy cells. The higher the dose, the more cancer cells are killed. But most patients can't tolerate high doses because of serious side effects, including heart failure. As much as half of the unused drug can escape from the tumor to the rest of the body. But what if the drugs could be aimed at the cancer and then quickly removed from the bloodstream before causing damage to healthy cells? Researchers at the University of California, Berkeley, may have found a way to do that. They developed a 3D-printed filtering device that fits precisely in a vein that carries blood from the target organ. Placed into the vein much like a stent, it allows blood to flow through it, but has a polymer coating that absorbs unused drugs like a sponge. When tested on pigs, the filter removed about 64 percent of the chemotherapy drug doxorubicin from the blood. Researchers hope the device will allow higher doses while reducing side effects.

Stem Cells Help Diseased Hearts

Scientists at Rutgers University have taken a step toward helping diseased hearts heal themselves, which would decrease the need for bypass surgery, artificial pumping devices, or heart transplants. The scientists removed connective tissue cells, called fibroblasts, from a human heart, then reverse-engineered them into heart muscle cells. The real advance, however, was that the newly engineered cells clumped together into a single unit that began pumping. Newly created stem cells don't normally come together and perform as one, and the Rutgers scientists accomplished the feat by over-expressing a protein in the cells called CREG1. The ultimate goal is to be able to remove small amounts of heart tissue from a patient and use CREG1 to convert it

into cardiac muscles that will work together, then reintroduce them into the patient's heart, allowing it to heal itself. "Transplantable hearts are in short supply, and mechanical devices limit the patient's quality of life," said researcher Leonard Lee. "So, we are working on ways to help hearts heal themselves."

Single-Dose Ebola Treatment

A new medication that protects against a lethal infection in all strains of the Ebola virus has been developed by scientists at the University of Texas Medical Branch at Galveston. Ebola, also called hemorrhagic fever, causes severe bleeding and organ failure, and has a high fatality rate. Previous treatments targeted a single strain of the virus, but the virus is unpredictable and has various strains, and scientists have been trying to develop a medicine that would protect against different varieties. The animal study found that a single dose of a two-antibody cocktail called MBP134 completely protected nonhuman primates from all forms of Ebola known to infect people. Scientists hope that the drug will continue to protect people even if the Ebola virus mutates in the future.

Successful Therapy for ALS

Canadian researchers have demonstrated a new therapy for amyotrophic lateral sclerosis (ALS). Often called Lou Gehrig's disease, ALS is a fatal neurological disease that progressively destroys nerve cells, leaving victims unable to move, speak, or breathe. "It causes progressive weakening of the arms and legs followed by paralysis, and two to five years later, respiratory problems that lead to death," said principal researcher Jean-Pierre Julien. "There is no treatment." Previous research found that TDP-43 protein was over-expressed in the spinal cords of people with ALS, and leads to the formation of TDP-43 aggregates in nerve cells, causing increased inflammation that affects neurons. The animal study resulted in the creation of an antibody that targets the TDP-43 protein. It was placed into viruses that were injected into the nervous systems of mice with excess TDP-43. "We observed a reduction in the number of aggregates of this protein," said Julien. "We also found a decrease in the immune response and improvement in the mice's cognitive and motor performance." □

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Is Anxiety Interfering With Your Life and Happiness?

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- Uncontrollable thoughts you repeat over and over
- Nausea, upset stomach, persistent indigestion

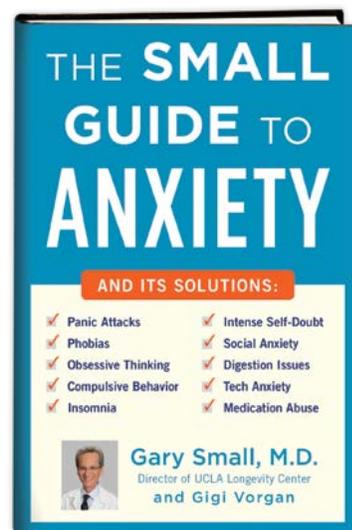
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- ➔ Better than drugs for social anxiety. This method works for 7 out of 10 patients — with zero side effects. Page 131
- ➔ How to tell if you have an anxiety disorder, rather than normal worries. Page 50
- ➔ Why most people with anxiety disorders never receive the right treatment. Page 18
- ➔ How to find a therapist who is right for you. Page 67
- ➔ How to overcome generalized anxiety disorder (GAD) in just weeks. Page 101
- ➔ Stop a panic attack instantly, with a small item in your pocket. Page 112
- ➔ Breakthrough therapy with a 90% success rate in getting rid of phobias. Page 149
- ➔ “Neuromodulation” techniques that reduce your anxiety. Fully explained in simple terms. Page 82
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