



BOTTOM LINE

Natural Healing

with Dr. Mark Stengler

DEEPER CURES FROM AMERICA'S TOP NATURAL PHYSICIAN

FEEL GOOD!

Are statins worth getting diabetes? University of Glasgow, Scotland, researchers found a 9% increased risk for diabetes among patients taking cholesterol-lowering drugs. They concluded that statins were worth taking because the benefits outweigh the risks. **strongly disagree**—there are many ways to reduce cholesterol naturally with no increased risk. To learn about them, go to www.BottomLineSecrets.com/more.

Don't take medicine with a kitchen spoon. Mayo Clinic study participants were asked to pour one teaspoon of cold medicine into different-sized kitchen spoons. They either under- or overpoured mainly because kitchen spoons hold more or less than an officialized teaspoon. **Best:** Use a measuring cap or a dosing spoon when administering medication.

Improve your memory with blueberry juice. Adults with early memory decline who drank two-and-a-half cups of blueberry juice made from frozen wild blueberries daily for 2 weeks showed significant improvement on learning and memory tests, say University of Cincinnati researchers. To get blueberries' antioxidants without too much sugar, mix blueberry juice concentrate available at health-food stores) with water.

ILLUSTRATION: CORY DOCKERY/GETTY IMAGES.COM

Drug-Free Pain Relief With New Patch Technology

A few months ago, 70-year-old Louise, one of my patients, was in an automobile accident. She wasn't seriously injured, but her back hurt, so her husband took her to a hospital emergency room. She waited for an hour and a half to see a doctor, then gave up and went home. She called me to tell me what had happened. At length, we discussed the nature of her back pain, which sounded like muscle strain. We agreed that her injury was minor and there was no need for immediate medical attention. Relieved that her injury was not severe, Louise went on to mention a new kind of pain patch that she had heard about and recently purchased to ease the occasional ache or pain.

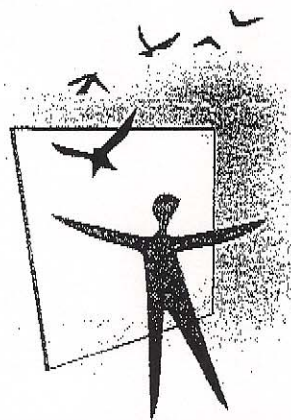
Louise and I had already had several

discussions about these pain patches. Called *IceWave* patches, they were created by a company called LifeWave (www.LifeWave.com) for drug-free pain relief.

Patients always are bringing new and interesting products into my office for me to look over. Louise had brought the patches to me, as had several of my other patients, many of whom reported good results after using them.

Louise and I agreed that she should try the patches for her back pain.

She called me a few days later—and reported that when she applied the patches to her back, she felt much better in 30 minutes. She continued using the patches during the next several days and went on to make a full recovery without flooding her body with



LIVE BETTER

Being happy helps your heart. Columbia University Medical Center researchers compared pleasurable emotions and heart disease risk in about 1,800 adults. The more positive emotions were expressed, the lower the risk for heart disease. Smile on—it's good for your heart.

In this issue

- 2 Dr. Stengler Says...When I Test Therapies
- 3 Vitamin C—A Natural Form of Chemotherapy
- 4 Green Algae Therapy
- 5 Try It: Declutter with Feng Shui
- 6 Manuka Honey for Wound Healing Help for Diabetic Retinopathy
- 7 Q&A: Memory Improvement... Synthetic Vitamins... Alignment Technique... Red, Itchy Eyes
- 8 Nutrient Power: Asparagus

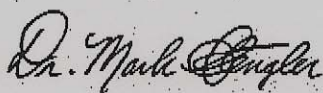
Dr. Stengler says...

When I Test Therapies on Myself

I have always been fascinated by how vitamins and supplements can help the body. As a high school athlete, I experimented with natural therapies in order to push my body toward maximum performance. I would try algae supplements, for example, to see if they could improve my swimming or my endurance on the ice rink or basketball court.

Now my focus is different. I test assorted nutritional and holistic therapies to improve my performance as a physician, including sharpening my mental focus and boosting my stamina in order to better care for patients. *One new therapy that has given me good results:* Intravenous B vitamins for energy.

By testing therapies on myself, I am better able to assess their potential side effects and benefits—and ultimately help my patients and *Bottom Line Natural Healing* readers. I like the challenge of trying to improve things—whether it's my performance or yours.



pain medication.

Louise had a phenomenal response to the pain patches. I also have seen a very high percentage of people with arthritis and musculoskeletal problems who respond well to these patches. The patches seem most helpful when used by patients for pain and stiffness related to muscle trauma and for problems such as back spasms or a stiff neck.

INSIDE THE PATCH

There are many types of pain patches on the market. Most release a type of anesthetic into the skin that numbs the area. The IceWave patch is not a medicated patch that contains pain-relieving drugs. It contains no medication, and its ingredients never cross the skin or enter the body. According to the manufacturer, the IceWave patches work by emitting energy frequencies that are stimulated by the body's heat. These frequencies affect the electromagnetic field of nearby cells, reducing pain and inflammation in much the same way that acupressure or acupuncture needles do when applied to various body parts. When the IceWave patches are placed over a painful body part, the area around the patches becomes several degrees cooler as measured by *thermography*, a type of infrared imaging technique. This indicates that the inflammatory response in that area is being inhibited.

I believe that there is more to learn about how these noninvasive non-medicinal patches do the job—but there's no question about the good results that my patients have seen.

WHERE TO PLACE THEM

IceWave patches are used in pairs. One patch is placed on the point where the pain is most noticeable. The other is placed a few inches away from it—and is held in place for about 10 seconds to see if there is any noticeable relief. If not, the second patch is moved in a clockwise circle around the other patch (repeating the 10-second test) until the spot that brings maximum pain relief is located.

Some people don't experience any pain relief at all from IceWave patches. *Helpful:* Drink plenty of water because being dehydrated seems to prevent the patches from working properly.

There are other ways to place the patches, depending on the nature of the pain. Knee pain, for example, can be treated by placing one patch on the left side of the knee and one on the right. If that doesn't work, the patches can be placed on the same side of the knee, a few inches apart from one another. If you have pain in two different parts of the body, four patches (two sets) can be used at the same time.

LifeWave recommends leaving the patches on for 12 hours, after which they should be discarded. It's generally recommended that

BOTTOM LINE Natural Healing

AUTHOR: Mark Stengler, NMD
EDITOR: Judith Zimmer
MANAGING EDITOR: Kelli McCourt
CONSULTING EDITOR:
 Rebecca Shannonhouse
CONTRIBUTING WRITERS: Jack Challen,
 Tricia Cooney, Royce Flippin
RESEARCH EDITOR: Judy DeYoung
SENIOR ART DIRECTOR: Danita Albert
ART DIRECTOR: Virginia Rubel
EDITORIAL DIRECTOR: Steven D. Kaye
PUBLISHER: Sarah Hinq
PRESIDENT: Marjory Abrams
CHAIRMAN: Martin Edelston

Bottom Line Natural Healing™ is dedicated to empowering readers with the deepest understanding of natural and alternative therapies—and the knowledge to use them to stay well and heal disease.

Dr. Mark Stengler is a licensed naturopathic medical doctor and a leading authority on the practice of alternative and integrative medicine. An adjunct associate clinical professor at the National College of Natural Medicine in Portland, Oregon, from which he received his doctorate in naturopathic medicine, Dr. Stengler has served on a medical advisory committee for the Yale University Complementary Medicine Outcomes Research Project and is the author or coauthor of 16 books, including three bestsellers—*The Natural Physician's Healing Therapies*, *Prescription for Natural Cures* and *Prescription for Drug Alternatives*. Dr. Stengler is board-certified in integrative medicine and certified in intravenous nutrient therapy. He is the founder and director of the La Jolla Whole Health Clinic in La Jolla, California. For an in-person or phone consultation with Dr. Stengler, call his clinic at 858-450-7120. Dr. Stengler has no financial interest in any of the products mentioned in this newsletter unless otherwise noted. To learn more about Dr. Stengler, go to www.DrStengler.com.

The information in **Bottom Line Natural Healing** is not intended as a substitute for personal medical advice. Before making any decision regarding your health, please consult a physician or another health-care practitioner—especially if you are pregnant, take medication or have a chronic illness. Pricing and availability of products mentioned can change by the time the issue is delivered. We regret that not all products are available in all locations worldwide.

Bottom Line Natural Healing is published 12 times per year, monthly by Boardroom, Inc., 281 Tresser Blvd., Stamford, CT 06901-3229. \$59.90/yr., \$6.00/issue, Canadian \$66.90/yr. (US Funds). **Bottom Line Natural Healing** is a registered trademark of Boardroom, Inc. Copyright ©2010 by Boardroom, Inc. Quotation not permitted. Material may not be reproduced in whole or in part in any form whatsoever. Postmaster: Send address changes to **Bottom Line Natural Healing**, Box 422301, Palm Coast, FL 32142-6662. Printed in the USA.

users apply the patches in the morning and remove them before going to bed.

Some patients experience immediate relief, while others feel less pain after three to five days of using the patches. The manufacturer claims that the patches can be used safely for longer than five days, but if at any time you feel discomfort, remove them. The patches are nontoxic, and there are no reports of safety issues or side effects from them. The patches are not recommended for use by children or pregnant women, because they have not been tested in these populations.

The IceWave patches are sold through regional distributors and cannot be purchased from LifeWave directly. Prices begin at \$19.95 for six patches (three sets). To find a distributor in your area, call 866-420-6288 or go to www.LifeWave.com (click on "Customer Service" at the bottom of the page).

I have no financial interest in this company or its products. **NE**

LETTER FROM A PATIENT

"My son is six years old and healthy now—but when he was 18 months old, he was diagnosed with asthma and allergies and given a nebulizer. After that, he continued to get colds, bronchitis and even pneumonia and was on all sorts of antibiotics and steroids. I was very concerned about side effects. I felt that steroids were a temporary solution and didn't help to cure the real health problem.

"Because these drugs are dangerous, I sought Dr. Stengler's help. As he recommended, we cut back dramatically on dairy products and began a regimen of vitamin C, the natural antihistamine product D Hist-Jr., omega-3s, probiotics and other supplements and homeopathic remedies.

"Dr. Stengler, using his incredible knowledge, has figured out how to keep my son well! My son's health has continued to improve, and we no longer worry about every cold turning into pneumonia or bronchitis. Thank you, Dr. Stengler!"

—Susie Wickman, Lakeside, California

ALTERNATIVE CURES

VITAMIN C A Natural Form of Chemotherapy

Most people have never heard of intravenous (IV) vitamin C, and yet it is one of the best alternative therapies to fight cancer. As most people know, vitamin C is an antioxidant with an immune-boosting effect. But when I—and a host of other natural physicians—administer it at very high doses, it plays an altogether different role, acting like a type of natural chemotherapy and killing cancer cells. When used in conjunction with regular chemotherapy, IV vitamin C works right alongside it, helping to kill cancer cells while also boosting the immune system and helping the body to rid itself of unwanted waste products.

At my clinic, I use IV vitamin C treatment for patients at all stages of cancer. All of these patients are also under the care of an oncologist. I give IV vitamin C to cancer patients at the outset of their treatment, to those who have tried conventional treatments to no avail and to those in remission who want an immune system boost. For patients with terminal disease, it helps to improve quality of life by increasing their energy and reducing nausea.

The use of vitamins in the treatment of cancer is controversial, extending back 40 years to when Nobel Laureate Linus Pauling, PhD, first proposed the use of high-dose vitamin C in the treatment of cancer. Many oncologists today remain skeptical about using any type of vitamin therapy in the treatment of cancer. Cancer specialists maintain that some types of chemotherapy

and radiation kill cancer cells by generating large numbers of destructive free radicals. Because vitamin C is an antioxidant, they believe that it will neutralize these free radicals and reduce the effectiveness of chemotherapy and radiation.

I think this view is simplistic. At low doses (under 25 grams, or 25,000 milligrams), vitamin C's antioxidant properties do help to neutralize disease-causing free radicals. But at doses higher than 25 grams, vitamin C has a pro-oxidant effect that exploits a weakness in the biochemistry of cancer cells and increases production of *hydrogen peroxide*, an acid that has been shown to kill cancer cells without harming healthy cells.

It's impossible to achieve the required high concentrations of vitamin C through oral supplements alone. The body regulates the amount of vitamin C that can be absorbed through the gut, and very large amounts of the vitamin will cause diarrhea. Intravenous vitamin C bypasses this problem because it goes directly into the bloodstream. I provide my patients with IV vitamin C in the office. They lie comfortably in a reclining chair during a one- to two-hour treatment session, at which time they receive doses of 30 grams to 75 grams of vitamin C.

PROMISING RESEARCH

The benefits of IV vitamin C for cancer patients has been demonstrated in studies, including those by researchers at the National

