

OPTIMAL HEALTH MAINTENANCE RECOMMENDATIONS



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*Weaving Internal Medicine
with Alternative and Complementary Healing Arts
for a Comprehensive Approach to Well-Being*

INDIVIDUAL NEEDS

With over 15 years in the practice of medicine, I have honed an area of expertise in optimal health and healing through prevention and proper nutrition. My basic philosophy is to assess each individual's unique requirements for good health.

I graduated from the University of Missouri-Columbia medical school in 1984 and completed my residency training at St. Mary's Health Center in St. Louis in 1987. I then worked in managed care at Group Health Plan (GHP) for eight years, where I served as a Center Medical Director. Following GHP, I worked with Dr. Harvey Walker Jr. for two years before starting my medical practice.

I am board certified in Internal Medicine, a member of the American College of Physicians, American Medical Association, American College for the Advancement in Medicine, and the St. Louis Metropolitan Medical Society. I am also board certified in Chelation Therapy.

My training as an allopathic physician is based in the study of pathophysiology of disease. This tenet stems from the Germ Theory and has proven



successful in the management of many serious infectious diseases over the past 50 years. Today, however, we face the more complex challenges of coronary artery disease (CAD), hypertension, diabetes, cancer, and arthritis. Sometimes, the onslaught of chronic illness seems beyond a person's control. But most chronic conditions are greatly influenced by lifestyle, environmental factors and diet.

The following discussion, based upon personal experience and professional opinion, focuses on five fundamental topics:

- 1. Water**
- 2. Air**
- 3. Light**
- 4. Heredity**
- 5. Nutrition** It does not represent the view of the AMA in all cases.

1. Water—Water comprises 65-70% of the human body and is essential for wellness. The scope of water's role extends beyond this handout to all aspects of human health. Americans, who drink excessive fluids but not enough water, may suffer the detrimental effects of chronic dehydration. Though this appears contradictory, the typical American gulps 55 gallons of water, 40 gallons of soda, 30 gallons of coffee, 25 gallons of beer, 20 gallons of milk, 7 gallons of tea, 5 gallons of juice and other fluid mixtures over the course of a year. Alcohol and caffeinated beverages tend to dehydrate, rather than hydrate. The result is chronic dehydration, which affects the body's physiology

and can contribute to various disease manifestations such as hypertension, CAD, dyspepsia, arthritis, back pain, dizziness, lack of energy, and chronic fatigue. I have observed how dehydration can yield the above symptoms and emphasize the importance of proper hydration for optimum health.

An average person between 120-180 lbs. should drink eight, 8 oz. glasses (1/2 gallon) of water daily. Tap water is fairly safe, however St. Louis water contains chlorine, fluoride and trace elements of organic and inorganic compounds from pesticides, insecticides and herbicides. St. Louis city or county water companies generally do not measure these compounds. An ideal water source is tap water plus the use of a filter system to remove chlorine, fluoride and other organic and inorganic materials. A local water

purification company may provide more information on your water supply. Our office supplies details on water purification systems as well.

I recommend the use of filtered water for cooking and drinking. I use the Reverse Osmosis Water filter system and Micro Water filter system. I can testify that patients who drink more water and cut down on coffee, tea, soda, and alcohol show significant improvement in their chronic constipation, vague back and abdominal pain, diabetes, chronic prostatitis, and other ailments. A vital component for prevention and healing is drinking pure water.

KEY WATER TIPS:

- A. Minimize drinking water with meals. Water dilutes gastric juices and causes indigestion. Drink water between meals.
- B. Fluoride can retard cavities and build strong teeth for young children. Fluoridated tooth paste contains 500 times more concentrated fluorides than drinking water. To learn more about this controversial issue, speak to your dentist. To inform and protect yourself and your family, read: *Fluoride, the Aging Factor*, by Yiamouyiannis, Ph.D., and *Cries for Water*, by Batmangheldij, M.D.

2. Air—Air—a mixture of 21% oxygen, 79% nitrogen, and small traces of other elements—varies from location to location. Humans inhale tremendous volumes of air for oxygenation and they exhale waste, including carbon dioxide. Air quality differs vastly from the city to the country and from indoors to outdoors. Pollution presents a major problem in big cities such as St. Louis. High



Chronic diseases are strongly influenced by environmental factors

pollen and mold count are also constant sources of chronic sinus irritation for many St. Louisans.

While people cannot directly influence outdoor pollution, they can control the home environment through the use of air filter systems to remove pollutants such as smoke, dust and pollen. Air purifiers are fairly inexpensive. Quality fresh air in the country or mountains contains high contents of negative ions. It is advisable to use an air filter system with a negative ionizer that neutralizes large quantities of positive ions for dust particles. These systems, available at Wal-Mart, K-Mart, Sears or other retailers, are especially beneficial for people with chronic asthma, chronic sinus problems, or bronchial symptoms.

3. Light—Sunlight gets a bad rap as the culprit in the rising incidence of skin cancers. But, many other factors are involved in skin cancer: environmental factors from pollution and a lifestyle that suppresses the immune system. The latter, in conjunction with excessive exposure to UV sunlight, renders some people more susceptible to skin cancer. Safeguard yourself with a UV sunblock (with SBF of 15 or higher). Though I don't recommend excessive exposure to sunlight, moderate time under the sun has some therapeutic and healing properties. In fact, in winter months with less sunlight, changes occur in physiology and metabolism that can create "seasonal affective disorder" (SAD). Statistics indicate the highest suicide rate during the winter, particularly around the holidays. Light from the sun modifies animal and human behaviors. For susceptible individuals, depression manifests itself as the "winter blues." Candidates for winter blues or SAD improve with home use of full spectrum lights or vacations in sunny regions.

4. Heredity—Each life history is compressed in the genes and coded in the DNA of chromosomes. Modern biotechnology has engaged in the major task of gene mapping for the chromosomes of human DNA. In the near future, we may be able to predict and prognosticate potential disease through genetic testing. Genetic mapping may allow medical scientists to estimate the probability of *hereditary disease* and correct it with gene therapy. The study of hereditary diseases may unlock many answers. Yet the chronic diseases we now face are also strongly influenced by environmental factors. If your parents have coronary artery disease or diabetes, you have significant increased risk for developing these diseases in your lifetime. If you grow up in an environment where parents smoke, drink and eat the typical hydrogenated, high fat Standard American Diet (SAD), you are more likely to develop similar diseases later in life. Lifestyle changes that sustain your body with high quality water, air and proper nutrition let you not only avoid illness, but also thrive in good health. Genes are not the sole "criminal." Lifestyle choices can dramatically affect the progression of chronic conditions.

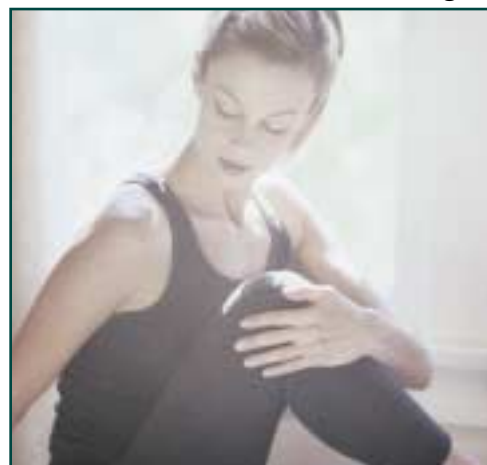


5. Nutrition—Tremendous strides have been made in comprehending the importance of nutrition for well-being and nutritional supplements for adjunctive medical therapy. “You are what you eat” and “Let food be your medicine” are maxims with a lot of meaning, yet most Americans neglect to live by these words. Modern society is time-compressed, with hectic schedules and no time to prepare wholesome food. Like many others, I am guilty of fast-food indulgences. As a general rule, people need to eat large amounts of *fresh* vegetables and fruits and moderately consume protein from animals, legumes and grain products. Foods to stay away from are highly processed carbohydrates (especially sugar products), and animal and hydrogenated fats. I utilize a nutritional meal plan based upon metabolic-type, blood-type

and Zone diets. Because everyone’s body type and metabolism vary, so do their nutritional requirements. Beginners are advised to read *Enter the Zone* by Dr. Barry Sears and *Eat Right 4 Your Type* by Dr. Peter J. D’Adamo.

Modern farming techniques are highly industrialized to extend the shelf life of food, often at the expense of nutritional values. I recommend additional vitamin and mineral supplements to meet adequate bodily needs. Begin with a daily dose of a *multi-vitamin with minerals*, *vitamin C 1000mg*, and *vitamin E 400 units*. An individual’s overall nutritional habits and underlying problems determine the need for additional supplements. I frequently require tissue mineral analysis (Hair Analysis) to discern a person’s specific needs. Since too much of a good thing, even vitamins and minerals, can potentially cause harm, we monitor your supplement intake.

Please note that common food intolerance and food allergy problems present a garden variety of symptoms which necessitate individual food elimination therapy. Food allergy testing is administered when indicated. Food allergies can contribute to chronic fatigue, headaches, depression, sinus infections, palpitations, fluid retention, behavioral problems, ADD, eczema, asthma, colitis, irritable bowel syndrome, and central nervous system disturbance.



I have a Top 50 list for the most common problems treated in my office. (See **The Top 50 List of Common Problems** on the following pages). Excluding physical exams, you’ll most likely schedule an appointment for at least one of these conditions. If you review the Top 50 list, you’ll notice an interconnected pattern. For example, by the time a patient develops diabetes, he or she often has poor circulation and an abnormal sugar metabolism that may lead to CAD or peripheral vascular disease (PVD). This patient may frequently experience dizziness, indigestion, fatigue, frequent urinary tract infections (UTI), vaginal discharge (in females), and periodic stress overload with insomnia and irritability. The same patient may also have symptoms of hypothyroidism, adrenal insufficiency, mood swings and general malaise. This hypothetical situation emphasizes the point that a physician needs to examine the whole individual and how that person interacts with the whole environment (biological terrain). There are too many external and internal influences on the body to merely focus on specific symptoms or organ systems. My practice is based upon the philosophy of balance between internal organ systems (which are composed of billions of cells), external environmental factors, and emotional and spiritual well-being. A person who finds harmony between all these elements radiates vigor and good health.

Misunderstandings and controversies abound, confusing not only the public but also scientists and physicians.

COMMON MYTHS

1. **Amalgams**—Are amalgams (dental silver fillings) safe? This primary dental filling for over 100 years sparks constant controversy. Dental amalgam contains about 50% mercury. The rest is made from an alloy of silver, tin, zinc and copper. The ADA (American Dental Association) claims that the insufficient mercury released doesn’t pose a hazard to the general population. Most dentists (and most likely your dentist) support the ADA standard. Highly toxic mercury accumulates over a long period of time.

Symptoms of mercury toxicity:

1. Tremors observed in fine voluntary muscle movement
2. Depression, fatigue, irritability, moodiness, etc.
3. Inability to concentrate, loss of memory
4. Insomnia or drowsiness

THE TOP 50 LIST OF COMMON PROBLEMS:

Cardiovascular System

1. Hypertension
2. CAD/Angina
3. PVD/Poor Circulation
4. CHF (Congestive Heart Failure)
5. Irregular Heart Rhythm - Atrial Fibrillation/PVC's
6. CVA (Cerebrovascular Accident), TIA (Transient Ischemic Attack)
7. Dizziness and Vertigo
8. Leg Cramps/Leg Swelling
9. Hypercholesterolemia

Respiratory System

1. COPD (Chronic Obstructive Pulmonary Disease)
2. Sore Throat-Pharyngitis-Common Colds
3. Sinus Infection
4. Asthma
5. Viral, Flu-Like Symptoms

Gastrointestinal System

1. Indigestion/Heartburn
2. Dyspepsia/Ulcer
3. Gas
4. Constipation
5. Hiatal Hernia
***all of the above causes abdominal pain*
6. Hemorrhoids/Piles

Muscular-Joint System

1. Arthritis, Many Types
2. Low Back Pain
3. CTS (Carpal Tunnel Syndrome)
4. General Aches and Pains
5. Osteoporosis

Neuro-Psychiatry and Spiritual System

1. Stress
2. Chronic Fatigue Syndrome
3. Burn Out
4. Depression
5. Dementia/Alzheimer's Disease
6. Mood Swings, Irritability
7. Insomnia
8. Anger/Constant State of Anger

6. Loss of appetite
7. Birth defects in offspring
8. Nephritis or symptoms of kidney disease
9. Pneumonia
10. Swollen glands or tongue
11. Ulceration of the oral mucosa
12. Dark pigmentation of marginal gingiva and loss of teeth
13. Headaches
14. Migraine
15. Cardiovascular liabilities
16. Intestinal disorders
17. Dizziness
18. Severe fatigue/muscle weakness
19. Schizophrenia
20. Hyperactivity
21. Tinnitus
22. Eczema

Amalgams may not pose an immediate threat, but under certain conditions mercury appears to emanate more quickly from the amalgam. Conditions include: acidic saliva; existence of galvanic currents (electrical currents) present when more than one dental filling; metal and gold crowns; and excessive extraneous chewing (such as chewing gum).

Current recommendations for amalgams:

1. Leave it alone if you do not have any symptoms.
2. Leave it alone if you retain a dentist without proper training to remove amalgams.
3. Consider a mercury challenge test that uses DMPS, a mercury chelating agent to measure the quantity of mercury exiting your body.
4. If chronic mercury toxicity-like symptoms persist without a definite diagnosis, I strongly advise removal of the amalgam, along with level checks before and/or after the procedure. Contact our office for more information on the mercury challenge test.
5. In the meantime, follow these safeguards to defend yourself from mercury toxicity:
 - a. Take vitamin C 1000 mg 3x/day.
 - b. Take garlic pills or eat a lot of garlic.
 - c. Take chlorella 500-1000 mg 3x/day.
 - d. Take additional vitamins and minerals.
 - e. Take silymarin (milk thistle) and l-glutathion to protect the liver.
 - f. Kidney drainage
 - g. Lymph drainage
6. Please consult with me before you decide to remove the amalgam.

2. **Is margarine better than butter?**—In my opinion, margarine is biochemically altered synthetic food. The technique hydrogenation converts vegetable oil from “cis-formation” of fatty acid into “transformation” of fatty acid to solidify the vegetable oil. Recent studies reveal that margarine can raise cholesterol (chiefly bad cholesterol) and lower good cholesterol. This may indirectly alter the immune system. I recommend butter in moderation over generous portions of margarine. Olive oil is an excellent alternative.

3. **Antibiotics**—Antibiotics have largely spurred the rise of allopathic (MD) medicine based on the Germ Theory. Though antibiotics have saved millions of people, we face the modern challenge of antibiotic overuse and misuse. We confront a new category of illness, rarely seen before the antibiotic era 50 years ago. Moreover, we see a great rise in mortality from sepsis (serious infections), treated with multiple antibiotics that can no longer fight antibiotic resistant microorganisms. A primary example is the rise in multi-

I believe cholesterol is the end product of lifestyle and dietary habit—
not the original offender in CAD and heart attacks

THE TOP 50 LIST OF COMMON PROBLEMS:

Urinary-Genital System

1. UTI
2. Vaginal Discharge (Female); Prostate Problems (Male)
3. STD (Sexually Transmitted Disease)
4. Kidney Stones
5. Impotence

Endocrine System

1. Diabetes Mellitus
2. Thyroid Problems - Overactive or Underactive
3. Obesity
4. Fatigue/Adrenal Problems
5. PMS (Premenstrual Syndrome)

Allergy/Immunology System

1. Asthma
2. Allergy/Hayfever
3. Food allergy
4. Ecosystem Imbalances - Such as Indoor and Outdoor Pollution

Miscellaneous

1. Anemia
2. Poisoning/Heavy Metal Toxicity
3. Drug Addiction, i.e., Alcoholism
4. Cancer



ple antibiotic resistant tuberculosis which is directly linked with improper drug usage and openly criticized in a recent article in the *New England Journal of Medicine*. In fact, most everyday infections such as colds, sore throats, ear infections, and bronchitis do not require antibiotics. Many studies indicate that the simple standbys—rest, hydration, homemade soup, vitamins, herbs, and homeopathic antibiotics such as sanum remedies from Germany—can initiate recovery without antibiotics. As a bonus, your body will have time to build its immune system and avoid yeast-related syndrome. In addition, your body will be better armed to tackle the next infection with out reliance on antibiotics. When you do take antibiotics, add buttermilk or yogurt to your diet to replace lactobacillus in the intestine and to deter yeast overgrowth. Lactobacillus is available in capsule or powder form at health food stores.

4. **Exercise**—Boundless exercise can be detrimental to your health. Newspaper reports have described young athletes in prime physical condition who die while in motion. The key rule is: *Exercise in moderation*. Inactive people should engage in low-intensity exercise such as walking, bicycling, stretching or other movement-oriented activities, i.e., gardening. Consistency is also important. Try to avoid sporadic weekend workouts. No single exercise test can accurately predict your level of cardiovascular conditioning, however, I suggest a consultation with me, before you begin a moderate to intense exercise program.
5. **Cholesterol**—Cholesterol is blamed for coronary artery disease, the number one killer in the United States. However, I believe cholesterol is the end product of lifestyle and dietary habit, not the original offender in CAD and heart attacks. Though heart attacks and high cholesterol levels are closely associated, theories for the direct cause and effects of CAD remain unsettled. The “Free Radical Theory,” poor nutrition, metabolic dysfunction, and hidden infection may better pinpoint underlying complications for heart problems (see the picture on next page.). This theory represents a fundamental paradigm shift for understanding the disease process. Just as infection is now accepted as the major cause of stomach ulcers, it may also be the hidden link to heart disease.

Note about free radicals: A free radical has an unpaired electron, is highly unstable, reacts rapidly in living tissues and damages the cells. Free radicals are produced as a byproduct of metabolism and influenced by poor nutrition and other environmental factors. The body’s elaborate antioxidant system is designed to protect itself from the rampage of free radicals. In fact, many studies show that a cholesterol-lowering diet does not increase longevity and that low-fat diets can only lower cholesterol levels moderately, if at all. A better approach to lowering cholesterol levels is a change in lifestyle and nutrition habits to include nutritional supplements, exercise, and proper hydration. Minimize the use of powerful cholesterol-lowering drugs which have potentially major side effects.

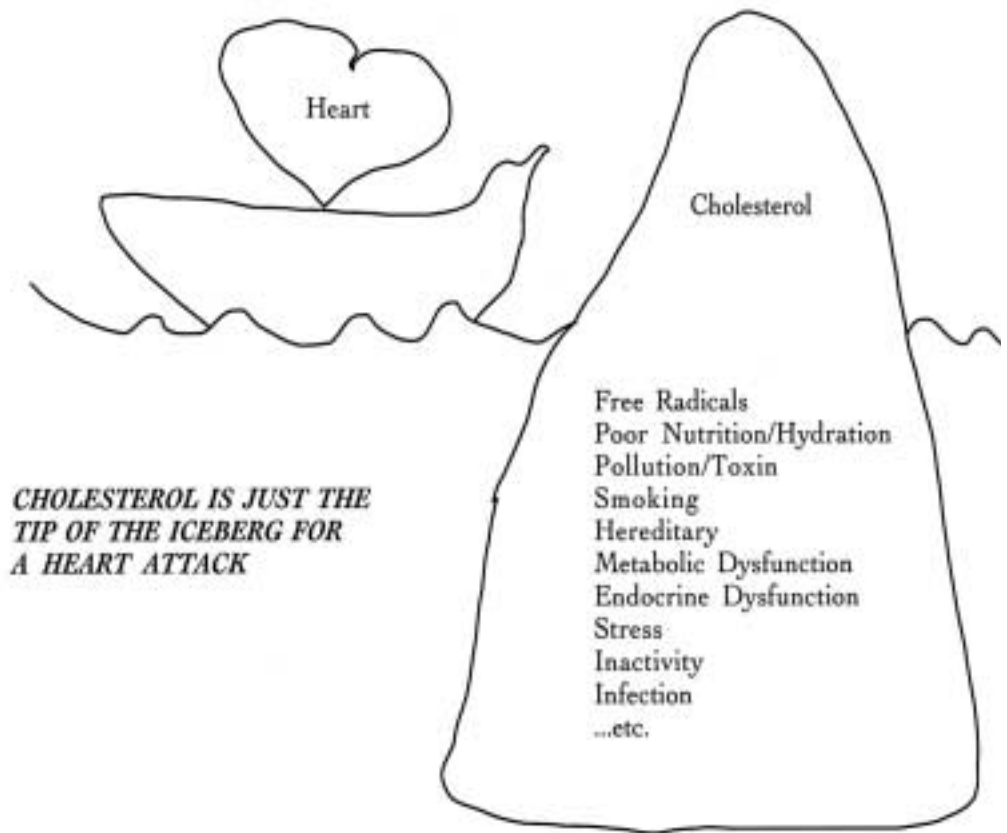
6. **Salt**—There is a false misconception that salt is bad for your health. The body needs salt. If deficient in salt, a person feels fatigued, dizzy, and with out energy. But Americans consume too much salt, which has been linked with hypertension. The type of salt Americans consume is pure refined salt (such as Morton’s) that, like refined sugar, has no nutritional value. Ideal salt comes from the sea and has all trace minerals (over 80 trace minerals are isolated from sea salt) including magnesium, iodine, selenium, etc. To initiate a gradual increase in energy, I recommend a small amount of sea salt in the morning with food or water. This is very important when you increase

Undiagnosed parasite infection may account for a great deal of chronic disease.

water intake. Please consult with me first, if you have heart or kidney problems or hypertension. In the meantime, strive to reduce all refined salt and avoid salt-laden processed foods, chips and fast foods. *Recommended reading: *Sea Salt's Hidden Power* by Jacques de Langre, Ph.D.

7. **Vegetarian diet**—While some follow a vegetarian lifestyle for ethical reasons and the popularity of vegetarian diets continues to grow, they have almost become a fad among young people. Personally, I have not observed many men or women with vigor or energy while on strict vegetarian diets. Everyone's metabolism differs. Most people thrive on a diet with moderate amounts of animal products, including red meat. Moderation is the key for good health. *Recommended reading: *Enter the Zone*, by Barry Sears, Ph.D., *Eat Right 4 Your Type*, by Peter J. D'Adamo, N.D.

8. **Root canal**—Dental research specialist Dr. Western Price asserts that there are no safe root canal fillings. Root canals have been associated with heart disease, kidney and bladder disease, arthritis, rheumatism, mental disease, lung problems, pregnancy complications and any degenerative chronic illness. After extraction of the treated



teeth, a large percentage of patients recover from their illnesses. Hidden localized infections can be a chronic source of "focal disturbance," which interferes with the electrical energy flow through the body's meridian system. *Recommended reading: *Root Canal Coverup* by George Meinig, D.D.S.

9. **Parasites and allergies**—Undiagnosed parasite infection, one of the most neglected problems in the U.S., may account for a great deal of unexplained chronic diseases. The diagnosis of parasite infection via stool samples for "ova and parasites" is not reliable unless you have acute parasite infection. Parasites tend to reside in the intestine, but can travel to the blood, lymph, heart, liver, gallbladder, pancreas, spleen, and brain. Parasites can produce numerous symptoms, such as weight loss, bloating, irritable bowel syndrome, allergies, anemia and immune system disruption. Heavy metal toxic patients often have co-existing parasite infections.

Food allergies, another commonly overlooked medical complication, are associated with chronic fatigue, muscle and joint pain, headaches, depression, sinus infection, palpitations, fluid retention, and behavioral problems. In the American diet, foods that produce the most allergic reactions are often the ones people consume most frequently: wheat, milk and dairy products, corn, eggs, citrus products, soy and peanuts. Food allergy skin tests have not proven reliable. I recommend IgE and IgG blood tests for food allergy determination.

10. **The deception and curse of the soft drink and diet soda**—Soft drinks taste great and supply a quick refreshing boost. Everyone drinks these "innocent" beverages, including young children, with no apparent side effects. But upon closer look at soft drink ingredients, we see that most con-

tain sugar, phosphoric acid, caffeine or aspartame, caramel coloring, carbon dioxide and aluminum. One 12 ounce can of soda packs about 33 grams (11 teaspoons) of sugar. Excessive sugar consumption causes a wild fluctuation in blood sugar levels, dysfunction of insulin and pancreas, and a myriad of metabolic disturbances. The average American adult consumes 150 lbs. of sugar each year and is often deceived by “fat free” diets which have high carbohydrate/sugar contents that convert back to fat after ingestion. It is estimated that two out of every five Americans are overweight.

Aspartame is a sugar replacement presently found in most “diet” goods. When aspartame is digested, it breaks down into three chemicals: aspartic acid, phenylalanine, and methanol.

1. Aspartic acid is an excitotoxic that can cause serious chronic neurologic disorders and behavioral problems.
2. Phenylalanine can cause decreased serotonin. Low serotonin leads to emotional disorders, depression, and sleep disturbances.
3. Methanol is a poison that is metabolized by the liver into formaldehyde and formic acid. These three toxins are associated with symptoms such as: headaches, tinnitus, shooting pain, memory lapses, numbness and nerve inflammation, blurry vision, retinal damage and blindness.

The saga of soft drink/diet soda deception will continue as long as people believe these “innocent” drinks are no cause for concern. Those who are soft drink addicts may want to replace soda with water as they gradually wean off carbonated beverages. *Recommended read-



ing: *Aspartame (NutraSweet) Is It Safe?* by H.J. Roberts, M.D.,
The Curse of the Soft Drink by Stan Field.

Summary

This article attempts to cover the most commonly asked questions and share typical advice in a simple format. This is an introduction. Please feel free to contact me if you have more questions. I am pleased to discuss this subject further and provide literature sources upon request. Many foods are known to have a positive, therapeutic effect on disease: cod liver oil for arthritis and skin conditions, garlic, ginseng, shark cartilage, apple cider vinegar, and more. Even after 15 years in medical practice, my knowledge is still incomplete. There are many illnesses and symptoms which my medical training does not afford immediate explanation. I am always willing to explore other *alternative medical therapies* as options for vigorous, energetic good health through prevention. My role is to guide you along your journey. Chiropractic, Homeopathic, Orthomoleculur Medicine, Acupuncture, and Herbal Medicine are other alternative medical therapeutics with proven track records. I am happy to explore these avenues with you as well. Though a federal report claims U.S. citizens annually spend over 14 billion dollars on “unconventional medicine,” and the National Institutes of Health was recently awarded millions of dollars in grant money to study “alternative medicine,” most alternative medical therapies are still not covered benefits on health insurance policies.

I currently utilize some of the most advanced, comprehensive tools for diagnosis, treatment and progress measurement:

1. Computerized Electrodermal Screening Device (CESD), or referred to as EAV (Electro Acupuncture, according to Dr. Voll)
2. Biological Terrain Assessment (BTA)
3. Darkfield Microscopy of Blood
4. Computerized Regulation Thermography (CRT)
5. Heart Rate Variability Test
6. Tissue (Hair) Mineral Analysis

Many controversies surround the epidemic rise in osteoporosis, CAD, cancer, arthritis, chronic fatigue...with no cure in sight. If we approach these problems with an open-minded, holistic, multi-disciplinary, and neverending quest for the “right” treatment—we can attain the ultimate goal of healing through prevention. New environments ferry new health threats. Alternative, complimentary, “new medicine” is now a cornerstone from which we can work together for your optimal health and wellness.