



Dr. Robert Jay Rowen's

SECOND OPINION

Vol. XXIV, No. 5

May 2014

HEALTH NOTES

Another Ozone Therapy That Works Miracles on Your Respiratory System

I've told you a lot about doctor administered oxidation therapies. And I've told you about a few you can do at home, such as multi-step therapy (or exercise with oxygen therapy). This month, I want to tell you about another oxidation therapy that can work wonders for your respiratory system.

Chronic sinusitis, asthma, and COPD are problems that are escalating in the U.S. population. Treating the lungs with ozone seems like it could solve any of these health issues, but medical ozone gas comes with a major glitch. In concentrations needed for therapy, it is highly irritating to the lungs. It is not healthy to breathe it. In fact, you should never inhale higher concentrations raw. Ozone is very hard on the lungs and can make asthma worse.

Ozone in general is not a problem. Atmospheric ozone gas is nature's great cleanser. The sweet smell following a thunderstorm is the effect of ozone at low concentrations. However, high concentrations are a problem. So how can you treat lung problems with ozone without the dangers inherent in medical ozone? It's quite simple.

There is a wonderful adaptation that few people know about. Decades ago, before ozone machines first came out, healers bubbled the gas through essential oils. This created a wonderful, pleasant, and refreshing mist that is very safe to inhale. Plus, it's healing and non-irritating.

There are many essential oils on

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Could Cancer Vaccines Replace Chemo and Radiation?

Several years ago I brought you information about research into vaccines to fight cancer. Several "small" forward-thinking organizations thought it possible to make immune cells sensitive to cancer cells in the lab. Once they had "sensitized" the immune cells, they could re-inject them and stimulate specialized cells called dendritic cells. Since I wrote those first articles, the idea of a cancer vaccine is now exploding. Science is making strides you should know about.

As you may know, cancer cells are your own cells. That means they look "relatively" like you. So your immune system just doesn't want to attack these cells. However, cancer cells do have some differences, and the cells themselves know it. For that reason, cancer cells secrete proteins to shield them from immune attack. These proteins confuse immune cells that are on search-and-destroy missions.

Many cancer cells harbor a cluster of carbohydrates on their surfaces, which have a different three-dimensional structure than normal-cell sugars. It turns out that some 70% of cancers that kill, including common ones, produce and harbor large amounts of a surface protein called MUC 1. This protein carries large amounts of variant carbohydrates, which your immune cells can recognize as different.

Now scientists are trying to make vaccines to these variant structures. The vaccines consist of (1) an adjuvant that turbocharges immune cells, (2) the altered sugar molecules, to direct immune cells to the abnormal cells carrying the same sugar molecules in large amounts, and (3) substances to direct the response to the all-important T-helper cells. These direct the

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the market you can use. But I like to use two parts pine oil to one part eucalyptus oil. You can find these online and at many health food stores.

While the bubbler I have is hand-blown glass and hard to come by, Longevity Resources has commercial glassware that you can use for this type of bubbling. You can contact them on the Internet at http://www.ozonegenerator.com/ozone_generators/accessories/glassware.php or by calling 877-543-3398. You can find other bubblers on the Internet as well.

Not only will this help with chronic lung issues, but other acute problems as well. For instance, if you ever suffer exposure to a communicable respiratory pathogen, this mist can lead to much faster healing.

A Hidden Cause of Infertility and Possibly Prostate Cancer

I've told you in the past about bisphenol A or BPA in plastic. While you can avoid many of these plasticizers by following my advice, there's one source that I have to admit, took me aback. When I found out, I was almost in shock. Big Pharma is adding a known plasticizer toxin to your FDA-approved drugs.

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SECOND OPINION (ISSN 1068-2953) is published monthly by Soundview Communication, Inc. **PUBLISHER:** Garret W. Wood; **EDITOR-IN-CHIEF:** Robert Jay Rowen, MD; **COVER PRICE:** \$8 per issue, discounts available for one- and two-year subscriptions. Contact our **BUSINESS OFFICE:** P.O. Box 8051, Norcross, GA 30091-8051, 800-791-3445 or 770-399-5617. **SECOND OPINION** is a newsletter containing general comments on health, nutrition, and medicine. Readers are advised to consult with their own physician before implementing any health idea they read about, whether here or in any other publication. Copyright © 2014 by Soundview Communication, Inc. All rights reserved. Unauthorized reproduction of this newsletter or its contents by xerography, facsimile, or any other means is illegal.

immune attack. With this type of structure, they can mass produce the vaccines.

Preliminary studies show that they work. One recent study suggests they can reduce tumor mass by 80% and quickly. Geert-Jan Boons is this study's co-senior author. He is a professor of chemistry and a researcher in the UGA Cancer Center and its Complex Carbohydrate Research Center. He says "It [the vaccine] activates all three components of the immune system to reduce tumor size by an average of 80%." The researchers are hopeful that we'll be able to teach the immune system to selectively kill cancer cells.

This is big news. There are some aspects of technology I really like. This technology is far superior to the horrific current methods of poisoning and burning, which destroys everything in their path. On the other hand, it does have risks. Turbocharging the immune system in a cowboy fashion could have its own set of negative consequences – such as autoimmune disease. Time will tell.

It's important to know that they are developing these vaccines in this way because they can patent the product and reap great profits. So my excitement is tempered. I continue to preach that prevention is best, and, that you'll likely prevent 10 or more cancers for the cost of every one cancer you have to treat by any means. That's a key mission of **Second Opinion**. There is any number of non-patented non-toxic methods to treat your cancer, including non-vaccine immune stimulation. Some would argue these don't work. But I've shown you many cases where it does. And this month, I have another case to tell you about.

A gentleman from India was in the hospital with stage-4 colon cancer. He had two huge metastases to his liver (9 and 11 cm). His doctors gave him up for dead. I had three requirements he had to accept before I would treat him. He must not have ascites (fluid in his abdomen), he must have reasonable liver and kidney function, and he must be able to walk in the doors of my office on his own power.

I made some nutritional suggestions to his friends to get him strong enough to leave the hospital. I was shocked when two weeks later he managed to walk into my office on his own power. But, he really looked like "death warmed over," a term used by some of my past professors. He began a series of my favorite therapies – oxidation, combined with diet, supplements, and detox. I combined several novel oxidation methods in one session,

twice a week. Only 16 weeks later, his liver metastases had shrunk by 85% and a whopping abnormal liver enzyme, alkaline phosphatase, had dropped from 585 to 48. (That's about the same results as the vaccine results discussed earlier.)

This gentleman got better so fast that he didn't come in as frequently as I wanted. While his liver was healing, the primary tumor in his cecum continued to bleed and he needed transfusions from time to time.

Twelve months later, the tumors in his liver had literally vanished on scans. He was feeling great, though still had the primary tumor. I urged him to make use of conventional medicine and have the primary surgically removed, since we had no evidence of cancer activity elsewhere. (Yes, I strongly believe in integrating the best of conventional medicine with unconventional methods.)

He consulted with a surgeon and his oncologist, both of which had the wonderful courtesy to call and consult with me (a most rare occurrence in today's medical world). After they did the surgery, his surgeon called immediately afterward and told me how shocked he was. He didn't find any visible evidence of tumor spread. The resection of the primary lesion went like a charm.

Five months later, his scans were negative for tumor spread. Even better, a test performed by American Metabolic Lab, which looks for both tumor markers and an enzyme produced by anaerobic (cancer) cells was stunningly perfectly normal! His hemoglobin, which was ranging an anemic 8-10 gm/dL during his treatments with me, was now as good as a 14 year old at 14.3.

Three years prior to this visit, his doctors had given him only a few weeks to live. Today, he is alive and perfectly well. He's resumed his full workload. He's without any measurable trace of cancer activity. My point – we can safely activate your immune system without Big Pharma methods that are financially crippling.

Oxidation therapy, which I repeatedly mention in these pages, has an unparalleled record of safety. And we now understand, thanks to my ozone mentor Velio Bocci, MD of Italy, that its principle mechanism of action is modulation of your immune system. Oxidation will not be 100% effective for cancer, nor will vaccines. In fact, there's not one therapy that will ever be (in my humble opinion) effective for every cancer and every patient. But, I'd sure rather work to gently but surely stimulate your immune system with oxygen derivatives

HEALTH NOTES ... *continued*

Phthalates are petrochemicals used to soften plastic. They leach out of the plastic and into your body. They poison you, and they are poisoning wildlife. They act as powerful estrogens. It's not enough that the chemical industry is putting it in your plastic. Now Pharma is poisoning you with it.

Phthalates are found in at least 47 prescription drugs, including popular stomach acid blockers like omeprazole, used in Prilosec. Drug makers add them for time release. The phthalate coating dissolves when the pill reaches a certain pH. Otherwise, the pill would dissolve in the stomach, perhaps far from the target area. And, since the FDA has approved its use, the drug companies aren't interested in looking for safe alternatives. And FDA approval may limit your legal recourse if the chemicals damage your health.

Industry reps maintain that phthalates used in consumer products are safe. They say human studies are small and inconclusive, and that the animals in studies showing effects were exposed to high doses.

They think the problem isn't real? Ask a Boston man who was contaminated with 100 times more phthalates than ever before recorded in a human being. The source? Asacol, a popular prescription drug for colon problems.

Dr. Shanna Swan, a professor of obstetrics and gynecology and of environmental medicine at University of Rochester, called DBP, used in Asacol, "one of the most toxic" phthalates. It was associated with feminization of newborn boys – a shortened distance between the genitals and the anus – in a study that Swan and her colleagues published in 2005. Congress enacted a law in August 2008 banning the chemicals in toys and other children's products. But the FDA permits it in your drugs.

The Boston man had 17,000 parts per billion of phthalates in his blood. The average for the general population was

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46. In his early 30s, he was tested for phthalates as part of an infertility workup. He and his wife were unable to conceive a child.

You are past the age of sexual development. You might be past the age of childbearing. But you will never be past the age of unwarranted estrogenic stimulation to your organs. Unbridled estrogen stimulation can cause cancer. Pure and simple.

Big Pharma might not have detected problems with the chemical. But perhaps they are not looking in the right place, long enough. Prostate cancer is epidemic. We know that it is related to estrogen.

If you are taking any pharmaceuticals, ask your pharmacist if the product contains phthalates. If it does, demand an alternative. No ifs, ands, or buts. Return to glass where possible in all of your drink containers and utensils, and please recycle. Do your best to avoid plastic contact with your food and water. Plastic contains phthalates as well as BPA. Stay away from it as best you can.

Ref: *Environmental Health News*, 10 November 2008.

Is This Oil Essential for Strong Bones?

Omega fatty acids are sorely overlooked by the medical establishment. I've told you how omega-3 fatty acids reduce your risk of many cancers and help your circulation. Here's evidence that a lack of omega-3s contribute to the development of osteoporosis.

A small study on 78 healthy young
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For a complete listing of Dr. Rowen's recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

than anything Pharma will have to offer for most any immune-related problem. If these safe methods fail, you always have the opportunity to pay someone to accelerate your death with current slash, burn, and poison techniques the oncologist himself would never personally use.

I look forward to the development of immune-stimulating vaccines in the orthodox cancer world to replace current barbaric methods. After these horrific methods, we have only more positive things to look forward to.

Ref: *Proceedings of the National Academy of Sciences*, December 2011.

Is GMO Worse Than Nuclear Radiation?

By now, you have probably heard about all the dangers of GMO (genetically modified organisms). The cover-up from the government and the corporations is massive. They summarily fire any scientist who blows the whistle on the looming dangers and catastrophe. Our government has rammed GMO foods down the throats of its people by denying them knowledge as to the source of the food. While in Europe, GMO is scarce, because the people are permitted to know if the food is GMO. Information on GMO is not restricted to their people. They are educated on the subject, and they simply reject the Frankenfood.

Now we have some shocking information from Wikileaks. Many question the source, but the evidence is indisputable that members of the U.S. government have conspired to punish Europe for its stand on GMO. This is not an issue of defense or terrorism. It's a matter of our government using its power to ram the corporate interests of a single private corporation (Monsanto) down Europe's throat. Here's what happened.

Several years ago, France decided to ban GMO corn produced by Monsanto. Then Ambassador Craig Stapleton was concerned that an anti-biotech policy could spread across Europe. Please read the Wiki released cable sent by him:

"Europe is moving backward not forward on this issue, with France playing a leading role, along with Austria, Italy and even the [European] Commission.... Moving to retaliation will make clear that the current path has real costs to EU interests and could help

strengthen European pro-biotech voice.... Country team Paris recommends that we calibrate a target retaliation list that causes some pain across the EU, since this is a collective responsibility, but that also focuses in part on the worst culprits. The list should be measured, rather than vicious, and must be sustainable over the long term, since we should not expect an early victory,” he wrote.

Remember, Europeans are concerned about being forced to eat laboratory created food monstrosities. They should be.

Scientists have found that artificial insertion of foreign genes causes alterations in the native genes. In other words, say I could insert a truly “benevolent” gene in your cells. That alteration in your cell nucleus may well set off catastrophic alterations in the expression of the rest of your genetic code. Cancer-activating genes could come alive. It could silence abnormal-cell-suicide genes. Such abnormal activation is now seen in corn, where an otherwise relatively quiet gene has been activated in GMO corn to produce a highly potent allergen.

Jeffrey Smith is author of several outstanding books including *Seeds of Deception*. He conducted this interview with Amy Goodman, which he posted online:

“There’s been more evidence showing that this genetically modified corn damages mice and rats, etc., can cause reductions of fertility, smaller litter sizes, smaller offspring, immune responses, etc. And these have gone largely ignored by both the European Food Safety Authority and the United States FDA.

“It gets far worse than we thought. Conventional wisdom led us to think our vulnerability would be to the pesticide the GMP plant would produce. But, it wasn’t that.”

Smith continues: “Dr. Arpad Pusztai was actually working on a \$3 million grant from the U.K. government to figure out how to test for the safety of GMOs. And what he discovered quite accidentally is that genetically modified organisms are inherently unsafe. Within 10 days, his supposedly harmless GMO potatoes caused massive damage to rats – smaller brains, livers and testicles, partial atrophy of the liver, damaged immune system, etc. And he discovered that it was the process, the generic process of genetic engineering, that was likely the cause of the problem. He went public with his concerns and was a hero....

“He (Pusztai) was testing with rats that were eating the genetically modified potato, engineered to produce

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men (average age about 17 at baseline) discovered that the more omega-3s they had in their serum, the higher their bone density would be at age 22. Specifically, the omega-3 fatty acid called DHA had the highest correlation.

Action to take: The lesson here is that all fats you take in should be healthy fats from food itself, and not man-altered plastic fats or liquid oils. There are plenty of omega-3 fatty acids in green leafy veggies, believe it or not. That’s where I get mine as a vegetarian. I have reported on omega-3 and osteoporosis in the past. With a diet rich in omega-3, you can both prevent and treat osteoporosis! If you can’t get enough omega-3 from your diet, I strongly recommend Advanced EFA Formula, which is a plant oils-based formula. You can order it by calling 800-791-3395.

Ref: *Am J Clin Nutr*, 2007; 85(3): 803-807.

Conventional Treatment of Osteoporosis Can Ruin Your Life

I’ve told you in the past about the popular drug Fosamax. This osteoporosis drug causes a painful condition called osteonecrosis. The condition literally causes decay and crumbling of jaw bone. I want to warn you again about this drug and its “side effect.” That’s because once you develop the condition, there is no good treatment.

Rochelle Kenig found this out the hard way. She took Fosamax for nine years until she woke up one morning with “excruciating, excruciating” pain in her jaw. You can read her comments on the Internet.

“This has been a living nightmare, and nobody knew anything about it,” the Boynton Beach, Fla., resident said.

Potent antibiotics, repeated surgeries, treatment in a hyperbaric chamber, and acupuncture all failed to help her.

A new group of surgeons replaced part

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of her jaw with a titanium plate secured with metal hinges. But, Kenig said, the decay and infections had caused a permanent loss of sensation on the right side of her lip and face, as well as the loss of several teeth.

I doubt that Kenig was a *Second Opinion* reader. I predicted bone complications years ago. Why? Bisphosphonate drugs kill osteoclasts – which are bone remodeling cells. Your bones might get denser, but more brittle. And your jaw is subject to tremendous pressure from chewing. Since bone density is the target, not bone quality, the FDA approved the drug. That's how our idiotic system works.

If you want to avoid osteoporosis, don't take Fosamax. The repercussions could significantly alter your life for the worse. Instead, follow the recommendations I list on my website and in the free reports you get when you subscribe to my newsletter. And, for added protection, we're seeing incredible results with Ultimate Bone Support (800-791-3395) and the Power Plate (888-713-0495). Some women have

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In between our monthly visits, be sure to check in online!

- Access your own account using your email address
- Simple, clear search function puts every issue of the newsletter and Health Alert at your fingertips
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Login using your customer number (above your name on the mailing label). Be sure to add your email address and password to make it simple to login every time.

www.SecondOpinionNewsletter.com

an insecticidal protein (the Bt toxin also found in GMO corn). But he also tested other groups of rats that were eating natural potatoes that were spiked with that same protein, and then a third group that was just eating natural potatoes without the insecticide. Only the group that ate the genetically engineered potato got these problems, not the group that was eating the potatoes along with the insecticide. So it clearly wasn't the insecticide; it was somehow the process of genetic engineering."

These independent scientists were labeled as "Fear Mongers" for daring to stand up to corporate rigged blatantly false propaganda. Many have lost jobs and status. The same can be said for medical people rebelling against Pharma who lose their licenses. Others have been physically attacked.

Take the example of Dr. Andres Carrasco, a lead embryologist at the University of Buenos Aires Medical School and the Argentinean national research council. His study, first released in 2009 and published in the United States, shows that glyphosate-based herbicides like Monsanto's popular Roundup formula caused deformations in chicken embryos. These deformities resembled the kind of increased human birth defects being reported in areas like La Leonesa, Argentina, where big agribusinesses depend on glyphosate to treat genetically engineered crops.

A delegation of politicians and community activists gathered to hear him speak about his findings. But the talk never happened. A mob of 100 people attacked his group before they could reach the site of the speech. One delegate was hit in the spine and suffered paralysis. Others received punishing body blows to the face and head. Amnesty International reports that witnesses said the angry crowd had ties to local officials and agribusiness bosses. Police made little effort to stop the violence.

GMO is not like nuclear radiation, which decays with time. It's not like conventional pollution, which gradually decays as well, and will likely be gone not long after we have killed off ourselves with the poisons. GMO is DNA inserted into living organisms. It multiplies! Exponentially! We cannot control it! GMO corn products are in most everything containing high fructose corn syrup. That means your family is ingesting potential GMO toxins simply by drinking soft drinks and most any processed food.

What you can do: Visit www.seedsofdeception.com.

Read one or more of Mr. Smith's books: (1) *Seeds of Deception: Exposing Industry and Government Lies About the Safety of the Genetically Engineered Foods You're Eating*; (2) *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*; and (3) *The World According to Monsanto*. You know the power of Pharma to corrupt the U.S. government. Now you see the same with the soulless corporate biotech industry, not just endangering us, but the entire planet.

Please boycott anything touched by Monsanto, including agricultural products. Educate your neighbors. Do not eat any conventional corn or soy, as they are most likely Monsanto GMO. Tell your markets and restaurants why you will not buy or order any conventional corn or soy products, or anything else you suspect might be Monsanto GMO. Request them to get organic corn and soy. Please use the power of your purse, since we cannot expect protection from our "alleged" government, which is in clear cahoots with this horror. Please lobby your elected officials to mandate labeling of GMO foods in the marketplace. It is unconscionable that we, in America, are deliberately denied honest labeling of GMO foods. Why? Monsanto knows that it would lose tremendous sales if you had the choice.

Monsanto does not yet own foreign governments as it apparently owns ours (and perhaps Argentina's). The rest of the world needs the help of the American people, as Monsanto uses hegemony and the American government to foist its ungodly products on an ignorant and unsuspecting world, and wreaks havoc on life on earth. And it does all of this in the name of profit – nothing else.

Ref: http://www.democracynow.org/2010/12/23/wikileaks_cables_reveal_us_sought_to; http://www.gmo-free-regions.org/fileadmin/files/gmo-free-regions/GMO-Free_Europe_2010/Carrasco_ChemResToxAug2010.pdf; http://www.gmo-free-regions.org/fileadmin/files/gmo-free-regions/GMO-Free_Europe_2010/Carrasco_ChemResToxAug2010.pdf

Looking for an integrative physician near you? These organizations can help:

- American Board of Clinical Metal Toxicology — For a free list, www.abcmto.org.
- International College of Integrative Medicine — www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

HEALTH NOTES ... continued

seen a complete reversal of their osteoporosis using this combination.

Ref: http://articles.sun-sentinel.com/2006-05-20/news/0605190874_1_fosamax-bisphosphonates-low-bone-density.

Fraud and Deception in Our Medical Schools

Here's one more reason to suspect most any positive information on drugs. Dr. Joseph Biederman, of Harvard Medical School, is a world-renowned child psychiatrist. His work has helped fuel an explosion in the use of powerful antipsychotic medicines in children. Between 2000 and 2007, he earned at least \$1.6 million in consulting fees from drug makers. However, he did not report much of this income to university officials.

In a disclosure report required by the university, he reported no income from Johnson & Johnson. But when asked to check again, he admitted receiving only \$3,500. But J&J said that it paid him \$58,169 in 2001.

Biederman's consulting arrangements with drug makers were already under fire for advocating unapproved mind-altering drugs in children. Now you know more of the story. Biederman is only the tip of the iceberg. It's clear that many medical doctors and Big Pharma executives are willing to sell their souls for a buck.

Ref: *New York Times*, June 8, 2008.

Coming Next Month...

- Are drug-coated stents and other medical devices really as good as advertised? The shocking truth that could save your life.
- If you have to get a vaccine, there are some simple things you can do to stop any damage it may cause.

LETTERS

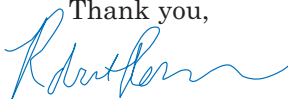
Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letter

P.O. Box 8051,
Norcross, GA 30091-8051

Thank you,



If you're interested in a personal phone consultation with Dr. Rowen, please call his administration in California at 1-707-578-7787 (10 a.m. - 3 p.m. PST, Mon.-Thurs.) for a schedule and rates. All other calls should be made to *Second Opinion's* Publisher at 1-800-262-3164 (8 a.m. - 6:45 p.m. EST, Mon.-Fri.)

Q: I've been deluged by marketers for a goji juice for cancer treatment. It is expensive. You like berries. Is this a good product? – *W.K.C., Santa Rosa, CA*

A: I hate to say it, but here is one case where there may be a high degree of deception. Soon after this product came out, like all nutritional multi-level marketing companies (MLM), swarms of distributors descended upon me to sign up. And, like all such attempts in the past 20+ years, I said no. I have learned to be suspicious of claims put forth by MLM companies, as well as the products.

With this one, the hype is that their juice is superior to the raw berries (and other goji juice products). To me, that's an oxymoron. There's no way that a processed

pasteurized bottled juice product can be superior to the whole food.

It gets better though. A Canadian Broadcasting System exposé revealed that unlike goji berries themselves, the juice product is devoid of protein and bioflavonoids. So what is it then? Also, it allegedly has four peaks of different polysaccharides. However, there is no evidence that these peaks do any clinical good.

Finally, the company is hyping it as a preventer for cancer based on an alleged study out of the prestigious Sloan Kettering Institute. The CBS reporter interviewed the study's author. He was dismayed by the deceptive spread of disinformation. His study simply said that goji can inhibit cancer cell growth in a laboratory Petrie dish. Note the word "inhibit." That's not even close to killing. And, it's a far cry from clinical use in humans claiming cancer prevention or treatment. I was most disappointed to see the company duck, dodge, and avoid very pertinent questions about the product and hype.

Moral of the story: Some MLM products are great. However, many, in my opinion, are marketed for profiteering. Based on the investigative work of reporter Wendy Mesley, this may be one of the latter. I do happen to think raw goji berries are a terrific food and very often eat them. Please note, I said goji berries, not pasteurized processed bottled goji juice.

<http://www.cbc.ca/marketplace/2007/01/goji.html#video>

Q: Can you comment on a nutritional product called *Ola Loa* and methylation? – *J.C.K., Oakland CA*

A: *Ola Loa* (I just love the name) is a powerful packet of powdered

nutrients (vitamins and minerals). I've taken this product on my long hiking treks and found it to be highly beneficial. Dr. Richard Kunin, who is a famous orthomolecular physician from San Francisco, designed it. Dr. Kunin has been a leader in the diagnosis and treatment of genetic defects in the methylation pathways. These pathways deal in particular with homocysteine, autism, DNA metabolism and repair, cancer risk, and more. A large chunk of the population has such a defect.

The most common is called MTHFR, which I have discussed in past issues. In adults, high homocysteine and even cancer (with severe deficiency) can result. This product is not high potency, but being powdered, Dr. Kunin designed it for super absorption when you dissolve it in water. If you have a methylation problem, *Ola Loa* (800-800-9550) could be a simple and tasty way to help fight your problem.

Q: I have pancreatic cancer and I'm trying to build myself up with more protein, as I've lost a lot of weight. I have approximately a half cup of soy milk and a half cup of tofu in a smoothie. Is this too much? – *Audrey, via e-mail*

A: I posed this question to my friend Dr. Nick Gonzales of Manhattan, who is, in my opinion, the best authority on the subject.

According to Dr. Gonzales, you're on way too much soy. He says, "Soy blocks pancreatic enzymes, blocks pancreatic function, and blocks thyroid function. If you want these things to happen, keep eating soy. If there's a little soy oil or soy flour as the last ingredient in some whole grain bread, that's okay – otherwise never."