



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

The Mental Decline Most Seniors Should Worry About — It's Not Alzheimer's — And How to Treat It

Alzheimer's is one of the biggest concerns for most people over 50. But it's not the most common mental problem for this age group. That's good, because Alzheimer's is difficult to treat. However, cognitive decline that's due simply to age (which is different from Alzheimer's disease) might be reversible. In fact, one supplement might be able to reverse the damage all by itself.

You may know that folic acid supplements can lower blood homocysteine levels. Now there's evidence that this same supplement can also repair your memory.

A Dutch study followed 818 participants (aged 50-70 years) for three years. Each of the patients started the study with elevated homocysteine levels. However, they had normal vitamin B12 (a common homocysteine treatment). The researchers gave the subjects folic acid supplements (800 mcg daily) or a placebo.

They found that folic acid significantly improved memory, information processing, and sensorimotor speed compared to the placebo. Additionally, homocysteine fell in the treated group as expected. Doctors know homocysteine contributes to aging and mitochondrial decay.

Action to take: I'd rather you prevent memory decline altogether. You can do this with a good diet, exercise, and detoxification. But if you already have some decline, you might consider folic acid supplements. It's easy to supplement with folic acid.

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You Don't Have to Get Cancer!

Last month, I told you the incredible story of Nobel Laureate Otto Warburg and the one thing all cancers have in common — a lack of oxygen. Since you read that story, I've talked with six more people who were newly diagnosed with cancer. Every single one of these cancers didn't have to happen.

How can I be so sure? After all, cancer kills one in four Americans. Well, this month, I'm going to show you one of the most amazing cancer preventives I've ever seen. It works so well that I'd lay odds it would have stopped all six of these cancers before they started.

No matter what you do, you can't avoid chemicals that cause cancer. But according to Warburg, carcinogens will cause cancer through hypoxia (low oxygen) induced by chronic inflammation.

So how can you keep the tissues in your body flooded with oxygen? Oxygen therapy is one way. Whether it's hyperbaric oxygen, IV hydrogen peroxide, or exercise with oxygen therapy, these therapies can work wonders. I use them regularly to help prevent and fight cancer. But there's an even easier way to saturate your tissues with oxygen. And you don't have to visit your doctor to do it.

New information has come out that shows how fatty acids actually oxygenate your cells. That's right! Fatty acids are an oxygen therapy.

Fatty acids are vital for the health of your cell membranes. Membranes are the skin of your cells. The function of your membranes totally depends on the composition of the fatty acids that are available. The more and better the fatty acids, the more flexible (or fluid) they are. This is important. Membranes need to be flexible. Think of the softness and suppleness of your skin. Would you

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Most multivitamins have at least 400 mcg. Eating lots of fresh fruits and veggies should always be your mainstay. I don't regularly take a multivitamin. However, my folic acid level is way up off the chart.

Ref: Durga, J., M.P.J. van Boxtel, et al. "Effect of three-year folic acid supplementation on cognitive function in older adults in the FACIT trial: a randomized, double-blind, controlled trial," *The Lancet*, 2007; 369: 208-216.

Finally, an Effective Way to Improve Age-Related Hearing Loss

Age-related hearing loss is tough to treat. There aren't many treatments – conventional or alternative — that work. Some time back, I told you about a Korean drug called Mucosta that can help age-related hearing loss. But now there's a better way. Researchers have found two nutrients that can help.

Researchers recently conducted a double-blind, placebo-controlled study. They found that folic acid supplementation (800 mcg a day) can slow age-related hearing loss. That's right. The same supplement that lowers homocysteine and also improves your memory can have a tremendous impact on your hearing.

This study was on 712 older men who had average homocysteine of 13mm/L (my target is less than 10). They also had vitamin B12 levels above 200 pm/L (I like to

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want it stiff and inflexible? Neither do your cells.

Stiff membranes don't allow nutrients to pass into the cell. Stiffness also blocks other critical membrane functions, especially for your red blood cells. Red cells have to squeeze through capillaries, which have a smaller diameter than the cells themselves.

If the membranes of your red blood cells are stiff, they will not be able to pass through your capillaries (smallest blood vessels). Your heart will have to work harder to push them through. High blood pressure can result.

Red blood cells carry oxygen to your body. So stiff membranes also can result in less oxygen getting into your cells. (That's where the cancer connection begins.)

So how can you increase the flexibility of your cell membranes?

The key lies with the kinds of fat you eat. For instance, saturated fats are stiff. You know that because saturated fat has a high melting point. These cause your membranes to stiffen. But highly unsaturated fats, such as omega-6 and omega-3 oils are liquid at any temperature above freezing. Monounsaturated olive oil (oleic acid) falls in between.

However, stiffness isn't the only thing we have to look at. We also need to see how well a fat binds with oxygen. The better a fat binds with oxygen, the better it can deliver oxygen to your cells.

Saturated fats, which we know are stiff, don't bind with oxygen at all. So here's another reason to stay away from saturated fats. They cause your cell membranes to become stiff and they don't deliver any oxygen to your cells.

Both omega-3 and omega-6 fatty acids, on the other hand, bind with oxygen very well. But, surprisingly, omega-6 fatty acids bind to oxygen even better than omega-3s. Omega-6 fatty acids are like a magnet for oxygen. They pick it up and release it easily. That permits ideal oxygen diffusion.

The most common omega-6 fatty acid is the essential fatty acid linoleic acid. Linoleic acid picks up oxygen so effectively, it actually picks up twice as much as olive oil. So if you're getting more olive oil in your diet than linoleic acid, you're cutting your oxygen diffusion in half. While olive oil is better than most oils, this shows that olive oil alone is NOT your "anti-cancer answer."

Similarly, if your red cells are loaded with saturated fats, their membranes will impair their ability to load and unload oxygen. If your red cells are loaded with linoleic acid, that fatty acid will easily pick up oxygen. It will allow it inside the red cell for binding. And, as your red cell winds its way through your capillaries, that oxygen will move out more easily into your tissues. There will be an abundance of oxygen for your oxygen-thirsty cells.

So how does that relate to cancer? We already know that cancer is clearly linked to a long-term chronic oxygen deficiency. If your red blood cells are packed with saturated fat, it will rob your cells of oxygen they so desperately need. That can set you up for the disease.

Any reduction in oxygen delivery and consumption will increase your risk of all diseases, and particularly cancer. If your cells lack oxygen, a carcinogen or an infection can damage the cell and it won't have the oxygen it needs to repair itself. A damaged cell can eventually turn cancerous.

If you've read this newsletter for very long, you're probably sitting there saying, "But Dr. Rowen, you've said most Americans get too many omega-6s in their diet. Now you're telling us we need more omega-6s. What gives?"

The answer to that comes from Brian Peskin, a master's graduate of MIT. He's the analyst who uncovered most of this information about omega-6s. When I spoke with Peskin, I told him about this concern. After all, the average American intake ratio of omega-6s to omega-3s is somewhere between 12:1 and 20:1 (most are closer to 12:1). And I believe it should be closer to 4:1.

Peskin agrees with me. But he says that half of the omega-6 intake in this country comes from *trans* omega-6 fatty acids from processed "foods." In your body, these act like saturated fats, and can be taken out of the 12:1 equation. So the average American is taking in a ratio of 6:1. To get to the ideal 4:1 ratio, Peskin recommends a supplement of 2:1 omega-6 to omega-3, which will nudge the average American from the abnormal 6:1 toward the ideal 4:1.

Unfortunately, your typical fish oil doesn't have this ratio. That's why some studies show fish oils are ineffective for certain conditions. While fish oils have many tremendous benefits, it's not the best cancer preventive. This is also why I recommend plant-based omega oils (such as flaxseed and hemp oil) in addition to fish oils. And obviously, saturated fat isn't oxygen's friend.

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see a level of at least 800). It's possible that homocysteine is a factor in age-related hearing loss since both mentioned nutrients, folic acid and B12, lower homocysteine and improve hearing. When high, homocysteine is believed to accelerate aging and could contribute to hearing problems.

The second study was a pilot study on 20 subjects with tinnitus (ringing in the ears). The researchers provided CoQ10 (100 mg, three times daily) for 12 weeks. Seven of the participants started the study with low levels of CoQ10 and saw a significant rise with the supplementation. In these seven, their tinnitus dropped significantly.

CoQ10 is always a winner in my book. Try adding zinc (30 mg), ginkgo, and B12. Take a look at my website for information on Mucosta. Your local pharmacy or drugstore might be able to get it for you — but only with a prescription.

Ref: Khan M., J. Gross, et al. "A pilot clinical trial of the effects of coenzyme Q10 on chronic tinnitus aurium," *Otolaryngol Head Neck Surg*, 2007; 136(1): 72-7.

New Hope for Type-1 Diabetics

There's just been a major breakthrough in type-1 diabetes that could lead to a prevention or cure for the condition. It comes rather as a shock as well. You see, for decades medical dogma said that type-1 diabetes, which generally occurs in children, results from absolute death of the insulin-producing beta cells in the pancreas. Dead cells don't produce insulin.

But what if these cells aren't dead? What if they were told not to produce insulin by your own nervous system?

A Toronto research team has inadvertently discovered another model of type-1 diabetes. The research team took type-1 diabetes-prone mice and injected an extract of hot red pepper (capsaicin) directly into the artery feeding their pancreas. Red pepper contains a compound called substance P. This compound has the ability to modulate sensory nerve endings.

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That's why red pepper has been used for generations for pain relief and inflammation, even though it is very hot.

The researchers found that when sensory nerve endings in the pancreas were disrupted with substance P, pancreas inflammation, prediabetes, and overt diabetes were reversed for weeks! Apparently, the sensory nerves in the pancreas actually secrete mediators of inflammation that shut off insulin production in beta cells that are still alive. When the malfunctioning nerve endings were treated with capsaicin, the mice became normal almost immediately.

I just love it when new discoveries from within conventional medicine disprove longheld dogma. In this case, the discovery could be a literal Godsend to millions of people with type-1 diabetes. Researchers will have to try it on humans and work out details. Once they do, it might lead to treatments you can do at home. On the other hand, drug companies will be more likely to fund studies of chemically altered versions of the natural capsaicin. That way they can patent it and make bazillions. We don't know where this will go, but please stay tuned. I will bring you information on this stunning breakthrough as more is discovered.

In the meantime, this is yet another reason to add peppers to your diet — or take a capsaicin supplement. The impact won't be as great as the injected form, but it will help, especially over time.

Ref: *Cell*, vol. 127, no. 6, 15, December 2006, Pages 1097-1099.

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Hemp seed oil has the ideal ratio of essential fatty acids. Hulled hemp seeds and hemp oil are available at most health food stores. Or you can order Manitoba Health products from Vitaganza (www.vitaganza.com or 1-866-464-2692).

Flax oil is next best. Green leafy vegetables, nuts, and seeds will have quality omega-6s and omega-3s, but not perhaps in ideal ratios. Grass-fed beef and organic range-fed chicken are good animal sources as well. But, again, not in the ideal ratios.

The only other supplement I know of that has this ideal 2:1 omega-6 to omega-3 ratio is called Yes EFA. While the other oils are very good for you and have definite value in keeping you healthy, Yes EFA is a must for cancer prevention. You can order it through Healthy Resolve by calling 800-728-2288.

If you'd like more information on how essential fatty acids can help you prevent cancer, I strongly recommend you read Brian Peskin's book *The Hidden Story of Cancer*. You can order his books and read more of his information on fatty acids by visiting www.brianpeskin.com on the Internet.

The best strategy to survive cancer is to prevent it before it develops — not to wait for it to come and then treat it. Act now to lower your cancer risk with the simplest of preventive strategies — fatty acid balance!

Ref: *Eur J Appl. Phys*, (1995) 72; *J. Nutr*: 1998 September.

The Hormone That Can Save Your Heart

Testosterone could be your aging heart's best friend. Yes, your heart, not your sex life.

Dr. Chris Malkin reported on a study at a European cardiology meeting in Barcelona. In a year-long study, researchers tested an Androderm patch on 78 patients. The patch delivers five mg of testosterone through the skin every day.

Only 42 completed the study because of unwanted skin irritation from the patch. Interestingly, blood testosterone increases were very small. But the gains in their heart's ability to function were large.

The participants were men with advanced, but not end-stage congestive heart failure. The amount of blood