

## Everything we know about type 2 diabetes is changing... and the one compound that is emerging as an all-purpose natural alternative!

By Dr. Glenn S. Rothfeld

Instead of taking a patent medicine to 'manage' your diabetes, you can get rid of the disease completely (and more safely).

And it's all thanks to a herbal discovery made by an ancient Chinese emperor thousands of years ago.

Among the 'treasure trove' that is Chinese herbs – which Western medicine has only just recently begun to explore – perhaps the most widely studied one comes from the plants *Coptis chinensis* (Chinese goldthread) and *Hydrastis canadensis* (golden seal).

You may have heard me refer to golden thread as 'Coptic salt' or even 'Emperor's salt'. That's because it was used by a legendary emperor who taught the Chinese about medicinal herbs over 3,000 years ago.

The compound extracted from these herbs is called Berberine, and it has an impressive amount of evidence supporting its use to control diabetes mellitus type 2.

For all of its positive effects and strong safety record (including zero toxicity), you might even say that Berberine is the perfect broad-spectrum treatment for those with type 2 diabetes – or anyone who struggles with too much glucose in the blood (hyperglycaemia) or shifting a few extra pounds.

For one, Berberine has been shown to modulate multiple

aspects of your metabolism... and even act as a natural carbohydrate blocker!

### One pony, lots of tricks

Berberine's ability to lower blood sugar was first noticed in 1986, when it was found to decrease glucose levels in laboratory animals.

This was documented in humans two years later in China, where diabetes is a big problem. In China, diabetes is called 'Xiao-Ke,' which means emaciation and thirst.

But how does Berberine work in beating back diabetes?

Over the years, dozens of studies and several meta-analyses have identified a number of different mechanisms, including:

1. Lowering how much your cells resist insulin by increasing the activity of the insulin receptors in your cell walls.

2. Directly increasing how much insulin your body secretes.

3. Blocking an enzyme responsible for breaking down carbohydrates into small pieces (monosaccharides), thereby lessening how much glucose your intestines absorb.

4. Slowing down your liver's production of glucose (gluconeogenesis).

5. Lowering lipid levels, including triglycerides.

6. Helping muscle and adipose cells burn fatty acids into energy.

7. Reducing inflammation.

8. Acting as a potent antioxidant.

9. Enhancing immune system function and combating infections.

That's a lot to dive into... and I don't want to overwhelm you with all the scientific mumbo-jumbo... so I'll just spend a bit of time unpacking and breaking down some of the latest and greatest findings that you absolutely need to know.

### Put out the fire inside

Now, we know that Berberine helps beat back diabetes by making your body – right down to the cellular level – more sensitive to insulin.

That should come as no surprise. As you know, type 2 diabetes is associated with 'insulin resistance,' or when your cells don't respond to

(continued on next page)

### IN THIS ISSUE:

Medical crackdown on homeopathy .....	4
Are sinus troubles suffocating you? .....	7

Dr. Glenn S. Rothfeld's

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Annual subscription to *Nutrition & Healing UK* is £74.00 UK (overseas postage rates apply).

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Our mission:

*Nutrition & Healing UK* is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

Dr. Glenn S. Rothfeld, operates the renowned Rothfeld Center for Integrative Medicine in Waltham, Mass., in the US, and he regularly scours the globe looking for the latest advances in natural health.

For nearly 35 years Dr. Rothfeld has helped patients identify and conquer the true underlying causes of diseases like diabetes, arthritis, and even cancer. His cutting-edge research into neurological diseases is creating exciting new avenues of treatment for seniors struggling with everything from Alzheimer's to Parkinson's disease.

Dr. Rothfeld's commitment to uncovering the latest health breakthroughs and educating his fellow physicians and patients is never-ending. He was named a fellow at Harvard University's prestigious Channing Laboratory, and developed one of America's first courses on alternative health for the world-class Tufts University School of Medicine.

As an author of nine books on everything from thyroid disorders to back pain, Dr. Rothfeld has helped thousands of patients find lasting solutions to even the most stubborn health problems. Now you can access all these latest health discoveries each month through Dr. Rothfeld's *Nutrition & Healing UK* newsletter.

## DIABETES

(continued from previous page)

insulin as well as you need them to.

But here's something you may not have heard yet: The scientific community has begun thinking of type 2 diabetes as less and less of a blood-sugar disease and more and more of a disease of inflammation.

The newest area of research into the Berberine and the type 2 diabetes connection is based on the role of oxidative stress.

If you've been reading *Nutrition & Healing* for a while now, you know that oxidative stress produces inflammatory molecules ('free radicals') called reactive oxygen species (ROS). In the case of diabetes, when oxidative stress happens, those ROS poison cells inside the pancreas, called islet cells, lead to low insulin secretion and diabetes.

Not only that, but these products of oxidative stress are involved in the long-term complications of diabetes including diabetic neuropathy, nephropathy, and retinopathy.

But Berberine can help that, too – and, as a number of studies have exhibited in the past few years, its effects are twofold.

For one, Berberine lowers levels of oxidative stress markers called malondialdehyde (MDA) and lipid peroxide – the build-up of which can make for a highly dangerous situation.

Secondly, Berberine helps increase the 'master antioxidant' glutathione, which is a key ingredient in something called glutathione peroxidase. This antioxidant enzyme is all-important because it counteracts the damaging effects of lipid peroxides (called lipid peroxidation).

It may have a tongue-twisting name, but all you really need to know is that along with another antioxidant enzyme called superoxide dismutase (SOD), glutathione peroxidase literally 'scavenges' free radicals.

Fewer free radicals means less inflammation... and less inflammation means a less severe case of diabetes.

## Gut bacteria and your blood sugar

Another common culprit of inflammation is in your gut glutathione – specifically, the low-level inflammation that can result from an imbalance of bacteria, fungi, parasites, or other organisms containing lipopolysaccharides in their walls that elicit an immune response.

Berberine acts as a natural antibiotic, anti-viral, anti-fungal, anti-parasitic, and even anti-worm and has a regulatory effect on the gut flora (the microbiome), where much of your body's immune activity is actually located.

That, in turn, can lower your blood sugar and help prevent type 2 diabetes.

In fact, scientists have been aware of a relationship between blood sugar, body fat, and the intestinal flora for several years now. For instance, studies have shown that having too much of a certain strain of bacteria in your gut (called *Firmicutes*) is linked to obesity, while having an abundant amount of another strain (*Bacteroidetes*) is associated with being lean.

The type of bacteria that you've got in your own gut can determine not only how impervious to infection you are... but also how fast or how slow your metabolism is.

Which brings us back to diabetes.

## Flick the master switch for your metabolism

Did you know that your body has a switch that can slow your metabolism down... speed it up... or even turn it on or off?

It's called the 'Metabolic Master Switch,' and you need it in order to maintain proper metabolism.

You see, when there's an unnatural shift in your metabolism, there's something that actually 'senses' it and responds by sending out signals to balance everything out.

It's an enzyme pathway called 'AMP-Activated Protein Kinase', or AMPK for short – and it can keep your blood sugar from skyrocketing.

And you know one of the safest and most potent ways of helping your body to produce and activate AMPK?

Introduce Berberine!

Via a process called phosphorylation, your mitochondria (the 'power plants' of your cells) will produce more 'energy molecules', called ATP.

That not only makes you FEEL more energetic... but it actually ramps up your metabolic processes.

One of the main culprits behind type 2 diabetes is a sluggish metabolism.

In fact, AMPK secretion is so effective at sparking activity in your 'inner workings' that it's been shown to produce the same effects as dieting, exercise, and losing weight!

## Help for those who need it the most

Understanding much more about the scientific bases of Berberine's actions in theory is one thing. But what does all of this mean for you – a living, breathing human being? After all, you're not a bunch of cells in a lab dish.

Well, the good news is that a number of *in vivo* studies now show positive responses to Berberine, too. In fact, at least 20 studies have demonstrated similar effects of Berberine on blood sugar and blood lipids over the last few years.

In one study, Chinese researchers gave Berberine to 72 obese and non-obese patients. After two months, both groups showed improved insulin resistance and body mass index ( $P < 0.01$ , which is highly significant). That's good.

Here's what's even better: The obese group had a greater (and also highly significant) reduction in both insulin resistance and body mass index.

In another study, Berberine improved fasting blood sugar, cholesterol and triglycerides, and body weight in 116 patients with hyperlipidaemia.

Still another clinical study demonstrated a lowering of fasting blood sugar, HbA1c (a measure of blood sugar over a three-month period), and triglycerides in 35 Berberine-treated patients.

Even more interesting is the fact that the patients in the study had already been diagnosed with either hepatitis B or C insulin resistance and a high body mass index – and still Berberine was able to lower their liver enzymes, no doubt due to its anti-inflammatory and antioxidant effects.

Is there anything this humble herb can't do?

## Add this to your arsenal

Clearly, Berberine has shown to work miracles on its own... but it turns out that it's also effective when combined with other interventions.

For one, as shown by a systemic review of 14 randomised trials, making lifestyle modifications (diet, exercise) while also taking Berberine supplements will lower blood sugar and lipids significantly more than just modifying lifestyle factors.

Berberine works better in combination with other nutrients, too. In a 2011 randomised study, the combination significantly improved insulin resistance, triglycerides, and LDL cholesterol in more than 100 older patients with hyperlipidaemia.

But believe it or not, it gets even more interesting.

In a randomised study from 2010, one group took a mixture of two anti-diabetic drugs (metformin and glipizide), and another group took those same two drugs plus Berberine. Members of the second group – the one with the Berberine added – saw their insulin resistance, fasting blood sugar, and inflammatory markers all significantly reduced ( $P < 0.05$ ), compared to the group with just the drugs.

Remarkably, there were very few side effects. The main one – which was still relatively rare – was gastrointestinal irritation.

It even appears as though Berberine may help those drugs work even better. In 2015, a study on rats found that Berberine slowed down the elimination of metformin.

Just last year, another animal study demonstrated that Berberine could actually protect rats from a dangerous complication

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## DIABETES

(continued from previous page)

of diabetes, when both metformin and lactic acid build up in the kidneys, and contribute to the potentially life-threatening condition called metformin-associated lactic acidosis (MALA).

Since some patients absolutely must take a patent medication to keep their blood sugar in a 'sweet spot' between those dangerously high spikes and alarmingly low crashes, anything that might mitigate the side effects of those drugs – or the complications of type 2 diabetes in general – is a very good thing.

### A clean sweep

If you're struggling with high blood sugar... high blood lipids... and/or extra weight... I urge you to consider taking Berberine.

It's like the ultimate purifier – purging your blood of impurities that can wreak havoc on your health!

Not only sugar... but also cholesterol, triglycerides, infectious agents, and more!

Now is the perfect time to try it, when you may have already started losing your grip on your New Year's resolutions – because when

added to a weight loss programme, Berberine can add an extra 'boost' to your metabolism.

From study to study, the doses of Berberine varied but generally added up to about 1,000mg per day (either in one daily dose or in divided doses throughout the day). Some studies, however, went as high as 2,000mg daily.

I recommend taking 500mg capsules, which you can get at health food stores and compounding pharmacies. Take one to two capsules two times daily or as recommended by your health care practitioner.

Berberine also works well in combination with other nutrients – and since your spiking blood sugar may be a symptom of oxidative stress and inflammation, you'll want to do whatever you can to clear out those ROS and cool things off in your metabolism.

In addition to Berberine, I recommend also taking glutathione, quercetin, curcumin, resveratrol, and astaxanthin, just to name a few.

**GR**

### Ready to rumble

In case after case, Berberine has been just as good as – or in some cases superior to – glucose-lowering drugs commonly used to treat type 2 diabetes.

In a study published in the journal *Metabolism*, Berberine proved just as effective as the leading diabetes drug metformin, slashing diabetics' blood-sugar levels after a meal (the very time when blood sugar tends to spike) nearly in half!

In the same study, Berberine crushed metformin in its ability to reduce cholesterol and triglycerides over the course of three months – showing that this compound works not only in diabetic patients but also those with high blood sugar, hyperlipidaemia, and high blood pressure (metabolic syndrome).

## Medical authorities crack down on the safest natural remedies out there

*Because you might take something harmless... instead of drugs proven to be harmful!*

*By Dr. Glenn S. Rothfeld*

**W**hen I opened one of my emails recently, I almost couldn't believe what I was reading.

Similar to what has been happening in the UK and Europe, The American Food and Drug Administration (FDA) recently announced

that it would start regulating homeopathic products.

This not only alarmed and upset me... but, quite frankly, it blew my mind.

The FDA plans to use 'a new, risk-based enforcement approach to homeopathic drug products that have the greatest potential

to cause risk to patients'.

The writing is on the wall: Medical authorities are poking their noses in places that they should not be.

When it comes to the strict regulation (that comes at a hefty cost!) of natural medicine, the mind boggles. Homeopathic

medicine, for instance, has been around since 1796! And by no means has it killed as many people in the past 221 years than what pharmaceutical drugs have done in the past five decades!

Why this sudden regulation? Well, medical authorities say that the risks associated with homeopathic medicine have grown alongside the growth of the homeopathic industry.

I smell a rat! This once-small industry is now worth \$3 billion in the US alone and I think this is starting to pose a serious threat to Big Pharma.

Given how deeply medical authorities are embedded into the pockets of Big Pharma, they certainly won't allow anything to encroach on that territory.

That means that some of the homeopathic remedies that are available to us are most likely going to go away, regardless of how safe or effective they may be.

If you dig deeper and take a closer look at these planned regulations you'll realise that this could jeopardise every supplement that you take.

### Let's put this in perspective

Although the word 'homeopathic' is frequently used interchangeably with the terms 'naturopathic', 'integrative', and even 'natural', homeopathy is actually an entirely separate field.

Homeopathy is also remarkably different from vitamins, minerals, herbs, and amino acids.

As a field of practice, homeopathy refers to the use of unbelievably diluted forms of substances that teach and provoke a healing response from the body.

The easiest way to explain it is that homeopathy is akin to the philosophy that Big Pharma uses for its vaccines:

introduce very small amounts of 'something' in to the human body in the hope that it will help provoke a response.

As homeopaths explain it, 'like cures like'.

The world of homeopathy is so different from the conventional medical world that I can't imagine a way that the two could ever 'play well together'. The basic tenants of homeopathy are so opposite to those of pharmaceutical drugs and conventional medicine... that there's bound to be a problem.

Case in point: The reason for the crackdown on homeopathy, specifically in the US, is because of two high-profile cases that recently have come to light.

First, a commonly-used homeopathic remedy for children's teething has been possibly linked to unwanted side effects, with about 400 reports of adverse side effects. As a result, the FDA wants to recall the product.

The complaints were varied, but the worry was that some of the side effects included seizures and possibly 10 infant deaths.

Now, I'm obviously not in favour of anyone taking any medication, supplement, or homeopathic remedy that could cause a seizure or the death of a child... but let's take a moment to put these side effects and risks in perspective.

Over-the-counter non-steroidal anti-inflammatories (NSAIDs) like ibuprofen and aspirin kill an estimated 16,000 people every year and hospitalise 100,000, in the US alone.

Yet, you can get these popular painkillers in almost the same aisle of your supermarket as a remedy for a teething child.

### This is how tiny the 'greatest' risk is

Here's how maddening this is.

The main issue with the teething remedy that's gotten some of the most attention in the media – the one from a brand called Hyland's – is that it had varying amounts of homeopathic dilutions of belladonna in it.

Now, it's true that *Atropa belladonna* – 'deadly nightshade' – contains compounds called tropane alkaloids that can be toxic enough to poison you in certain amounts.

However, according to the Hyland's website: 'Each Teething Tablet (which weighs about 65mg) is composed of 0.00000000000003% Belladonna alkaloids as stated on the label. As calculated, this means that each complete teething tablet contains only approximately 0.0000000000002mg of Belladonna alkaloids.'

Now, you may argue that even a tiny miniscule amount of a toxin – a practically imperceptible quantity – is unacceptable in a single dosage of anything given to a baby to ingest. You'd certainly have a point, especially when it comes to most over-the-counter remedies that are recommended for infants.

But in the case of the Baby Teething Tablets (which have since been taken off the market) Hyland's provides the following scenario to clarify the homeopathic dosages of belladonna further: 'A 10-pound child would have to accidentally ingest, all at the same time, more than a dozen bottles of 135 Baby Teething Tablets before experiencing even dry mouth from the product.'

Mind you, that's not the toxic dosage. That's just the

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## HOMEOPATHY

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dosage that would be enough to instigate the mildest of all possible side effects – more than 1,600 tablets!

If there are any parents who've got more than 12 bottles of these teething tablets on hand at any given time... and who would leave a baby unattended long enough to devour all of them. There are some issues to deal with that are more serious than the itchy-bitsy, teensy-weensy amount of plant alkaloids that might be lingering in a homeopathic teething remedy with a far superior safety record to most best-selling over-the-counter drugs.

### Something's rotten in the state of Big Pharma

Hyland's brings up another poignant point: There's actually a real prescription medication, called Belladonna Alkaloids with Phenobarbital that the FDA has approved for use in children with irritable bowel syndrome.

Yet, as Hyland's website points out: 'To put the calculated amount of belladonna in a Hyland's Baby Teething Tablet into perspective, the 0.0000000000002mg of belladonna alkaloids is thousands of times below even the therapeutic amounts of belladonna used in conventional anti-spasmodic medicines that doctors sometimes prescribe (0.2 to 5 milligrams of belladonna alkaloids).'

So, my question is: Why is the pharmaceutical drug that contains such a high amount of belladonna not pulled off the market when people started complaining that belladonna was causing deaths in children?

Is it because prescription drugs are exempt from this witch hunt?

That's scary, too. Prescription

medications pose so much more risk to the American public than a homeopathic remedy ever would!

Almost all prescription medications are basically 'Band-Aids' for medical conditions. What's more, almost all medications carry risk – and far more risk than almost any homeopathic remedy.

On top of that, the conditions that most patent medications are being used for are 'not going away' – and therefore, patients are going to have to continue taking these medications (sometimes, pretty strong ones) for long periods of time.

The longer you take them, the bigger the risk.

Yet, the FDA Commissioner Scott Gottlieb is saying: 'People may be putting their trust and money in therapies that bring little or no benefit in combating their ailments, or worse – in products that may cause serious and even irreparable harm.'

No, the irony is not lost on me...

Every day, many, many more people die from pharmaceutical drugs, medication errors, and substances directly under Dr. Gottlieb's watch than any homeopathic remedy or supplement.

It's a fact and the medical authorities cannot deny it.

### As safe as water

The day that the FDA announced its plans NBC News ran with a headline saying that the FDA is going to 'crack down on "snake oil" homeopathy.'

Not only that, Children's Hospital of Philadelphia's Director of Vaccine Education Dr. Paul Offit was quoted in that same article as

saying: 'We want to believe in something that isn't harmful like pharmaceutical products... [but] these are just elves and old hippies making their products in a flowery meadow. These snake oil salesmen... have been getting away with it for far too long.'

Wait – this is a conventional doctor who deals with vaccines? I would bet that vaccines injure more people every day than homeopathy has over the course of the last two centuries.

I don't even think Dr. Offit realises that he put his foot in his mouth even more when he went on to say: 'At its most benign, homeopathy is basically what it's diluted in, which is water.'

In effect, he's now admitted not only that homeopathy is safe... but also that pharmaceutical products are more dangerous.

According to Dr. Offit, the worry is that you might use a completely innocuous homeopathic product instead of a 'harmful' pharmaceutical.

So... what exactly are homeopaths 'getting away with'? Keeping patients safe from prescription drugs?

Homeopathy is thriving and growing because the public has become more educated about the dangers of prescription medications.

### A slippery slope

Under the FDA's new guidelines, homeopathic remedies will now be subject to the same approval requirements as other drugs.

My fear is that this is a tip-of-the-iceberg situation.

Medical authorities may say that they'll first go after the most dangerous

homeopathic products of all – like baby products that contain ‘ingredients associated with potentially significant safety concerns’ (even though these homeopathic remedies are so diluted that there’s

practically nothing left in the final product).

Next, they’ll target ‘products marketed for serious conditions, such as cancer and heart disease’.

And then what?

They surely won’t stop there. They’re bound to keep sniffing around... find more ‘problems’... and make more changes that could deprive you of practically the only ‘safe’ alternatives you’ve got! **GR**

## Are sinus troubles suffocating you from inside your own head?

*Here’s how to ‘clear the air’... and start breathing through your nose again!*

*By Dr. Glenn S. Rothfeld*

**T**his is always a tough time of year for anyone who lives in the Northern hemisphere.

With daylight saving time robbing us of the wonderful sun and its vitamin D... winter ushering in the cold weather... and the stress of the Christmas holidays still lingering... there’s a ton of sinus issues doing the rounds.

Chronic sinus complaints are shockingly common, and they’re more serious than you might think.

They create many medical issues – ranging from chronic allergies and stuffed-up nasal passages to headaches, sleep and snoring issues, all the way to chronic sinus infections.

But there’s something I’ve used for many years... a ‘secret weapon’ that continues to be a ‘game changer’ for so many of my patients... and I’m here to share it with you now.

It’s a simple, safe, and cheap nasal spray! It’s called XLEAR (available online and at your local health food store), and its effectiveness in treating the whole gamut of sinus issues continues to amaze me.

Don’t let this incredibly common health issue rob you

of the optimal health you could have!

If you’ve been struggling with your sinuses, this nasal spray could be the ‘silver bullet’ you’ve been looking for!

### **Sniff out this sinus bug killer**

The most shocking thing about treating chronic sinus ‘issues’ is that conventional medicine has still not come up with a nasal spray that ‘kills’ infections in the nasal cavity and sinuses.

In fact, every nasal spray that your doctor can prescribe for you or that you can get from the pharmacy is either a steroid, salt water (saline), or an antihistamine drug (to reduce an allergic response).

Steroids really just reduce the inflammatory response that occurs from infections or allergens – putting a Band-Aid on the symptoms of allergies or infections that irritate your sinus and nasal cavity rather than addressing the root cause. (And beware of their unwanted side effects.)

Along the same lines, anti-allergy nasal sprays just reduce the histamine response that occurs with allergens.

XLEAR is so special

because it addresses all of the things that over-the-counter or prescription products do... but it also kills infections in the sinus cavities.

XLEAR is made from four natural ingredients: xylitol, purified water, salt, and grapefruit seed extract.

Each of these ingredients addresses a different issue that plagues the human sinus cavities, and the patented combination of the four substances provides a wonderful synergistic effect that treats almost all of the potential sinus-irritating culprits.

Xylitol is a good-for-you sugar that coats the nasal cavity, protecting that precious real estate from infections and allergens.

The mixture of saline (salt water) and xylitol makes the solution hyperosmotic, which draws moisture and keeps the nasal passages and sinuses more moist and clean than saline alone. Translation: Squirting salt water up into your nose will dry everything out, but adding xylitol to the mix will clean, moisturise, and protect the delicate tissues you’ve got up in there.

All of that is good, no doubt about that.

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But I actually feel that what makes XLEAR so special and effective is the fact that it has grapefruit seed extract in it!

Whether you take it internally or shoot it up into your nasal passages, this natural remedy kills infectious organisms.

It acts as a natural antibiotic, but that's not all it does. It also acts as a natural anti-fungal.

Think you couldn't possibly have fungus up your nose? Think again.

### The hidden gunk in your trunk

The gory truth is that a lot of people have 'dirty' noses and 'dirty' nasal passages.

And when things aren't quite so 'clean' up in there, infections can slowly but surely wreak havoc on the human body.

With its anti-microbial properties, however, XLEAR can put an end to those infections – including the ones that just keep coming back!

On top of that, XLEAR can also treat acute sinus infections – if you can start treatment early enough and stick with it.

A lot of people have more than just unwanted bacteria in their sinuses. They have fungal infections as well!

You may not have

mushrooms sprouting out of your nostrils, but you could be experiencing an overgrowth of yeast.

Believe it or not, these yeast infections can 'set up shop' in your nasal cavity and linger for years. If these fungal infections irritate your sinus cavity, it can create a perfect 'petri dish' for bacteria to grow.

You see, you get a bacterial sinus infection... and you take an oral antibiotic to kill the bacteria... which makes you feel better from the acute bacterial infection.

However, the antibiotic fuels the growth of more yeast... which sets the stage for more bacteria to come back... and cause another infection.

But grapefruit seed extract can stop the vicious cycle by killing off the stubborn fungus.

### Unblock your snout

Blocked and clogged sinuses are more than just a nuisance to the human body. After all, it's not good for any infection to linger anywhere in your body.

Not only that, but you really want a good flow of oxygen at all times – for both your body and your brain!

Now, maybe you're like some of my patients, and

you've been struggling with this issue for so long that you've just learned to live with not being able to breathe through your nose.

Maybe you just breathe through your mouth instead.

But here's the thing: you have a nose for a reason! And it is meant to take in air 24/7 – including while you're sleeping.

If your sinuses are clogged while you're trying to get some rest, you're even more likely to breathe through your mouth and snore (or snore more) – and that inefficient sleep pattern can cause a multitude of medical issues, like dementia, hypertension, fatigue, and weight gain. It's even been linked to early death!

Now, while I would advocate most of the products that you'll see on [www.xlear.com](http://www.xlear.com), as a general rule, I like to keep things simple.

So, I usually just tell my patients to get the plain old XLEAR spray, which can be found at most health food stores and online.

The spray bottle is small enough that you can bring it with you, but I also recommend giving yourself a good squirt right before bed. **GR**

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**Everything we know about type 2 diabetes is changing... and one ancient herb is emerging as an all-purpose natural alternative!**

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### Medical authorities crack down on the safest natural remedies out there... Because you might take something harmless... instead of drugs proven to be harmful!

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