

'Citrus secret' can help fight cancer AND save healthy cells from harm

*Here's what one Nobel Prize winner knew in the 1970s...
and what we're still struggling to prove today*

By Dr. Glenn S. Rothfeld

The issue of using vitamin C on cancer patients has been hotly contested in conventional and alternative medical settings ever since the 1970s.

Specifically, I'm talking about 1976.

Of course, it was a different time back then. That's when you could buy a house for under £50,000!

That's also the year that the great Nobel Prize winner Dr. Linus Pauling (along with Dr. Ewan Cameron) proposed that high-dose intravenous vitamin C (IVC) could be used to help fight cancer.

As they say, the more things change, the more they stay the same.

But progress is being made – and I've got the latest on what the scientific community has recently established in terms of how IVC works to not only promote cancer cell death and inhibit growth, but also to keep healthy cells from becoming cancer cells in the first place.

What's more, if you're currently battling cancer and struggling with the treatments, IVC can help... and in more ways than one.

Why you need IVC and not just supplements

At first, researchers repeated the studies using high-dose oral vitamin C – so, of course, it didn't show the same positive

effects on cancer.

No matter how poorly (or inaccurately) those studies were conducted, the results were enough for the mainstream to consider Dr. Pauling's theories debunked... for the next 20 years!

In fact, it wasn't until the late 1990s that National Institutes of Health researcher Dr. Mark Levine discovered an interesting fact about vitamin C that appeared to debunk the debunkers.

Turns out, vitamin C behaves differently in the body when administered intravenously than when taken orally!

The field of pharmacokinetics can make this all sound pretty complicated, but what you need to know is that it all boils down to one thing: IVC accumulates much higher levels in the bloodstream and cells than similar oral doses do.

And at that higher concentration, vitamin C transforms from being an antioxidant to a pro-oxidant – and that has particularly damaging properties to cancer cells.

A crack in the armour of cancer cells

To understand how it

works, though, you have to know a little bit about the mechanisms behind the survival of cancer cells.

And if you're a *Star Trek* fan, this will make perfect sense to you.

You know how the Starship Enterprise would sacrifice its protective shields to transfer more power to its phaser weapons?

That's pretty much what cancer cells do. In order to be streamlined and to grow fast, cancer cells have to make some sacrifices.

The biggest sacrifice is this: While most healthy tissue cells have an enzyme called catalase that protects them from the ravaging effects of hydrogen peroxide, cancer cells are missing that catalase, which makes hydrogen peroxide lethal to them.

Exposure to high enough levels of hydrogen peroxide, in fact, can cause so much oxidation that the cancer cells die off – and that, as you know, is part of the problem with cancer cells.

They don't follow the normal cycles of programmed cell death!

I'm telling you this because the theory behind using IVC to

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Dr. Glenn S. Rothfeld's

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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.

IVC

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fight cancer is that it exploits that vulnerability, helping release hydrogen peroxide... and killing off cancer cells.

Hence its pro-oxidant properties.

Much of the work on this has been pioneered by the Riordan Clinic in Wichita, Kansas, and the University of Kansas Medical Center (under the leadership of Dr. Jeanne Drisko).

And according to the Riordan Center, there are plenty of animal studies that show that intravenous administration can provide a high enough concentration of vitamin C to be toxic to cancer cells – and even reduce tumour growth.

And that holds true for a variety of cancers, including those of the liver, pancreas, colon, and prostate, as well as sarcoma, leukaemia, and mesothelioma.¹

Hack your genes to prevent tumours from growing

Pro-oxidation isn't the only mechanism by which IVC demonstrates anti-cancer activities.

It also acts as an anti-inflammatory.

Inflammation is a key factor in the destructive nature of cancer's appearance and spread. So, it stands to reason that the lowering of inflammation is likewise key in the shrinking of cancers.

And the best way for us to measure inflammation – especially whether it's getting better or worse – is by testing for inflammatory markers, which are essentially messengers of inflammation and cellular activity.

When cancer cells provoke inflammation, it elevates the levels of those markers. But when treated with IVC, markers of inflammation – including multiple cytokines, CRP, IL-8, Tumour Necrosis Factor alpha

(TNF-a), IFN-gamma, and even PSA levels – have all been shown to decrease.

In a 2016 study, elevated levels of multiple cytokines and other inflammatory messengers dropped significantly with the addition of IVC,² as did proteins that promote the development of new blood vessels stimulated by cancer cells (angiogenesis).

And when there's a tumour forming inside of you, you don't want anything to create new supply channels for those rapidly growing cells.

Fortunately, other studies have shown that vitamin C appears to actively retard the growth of new blood vessels, and it does so through yet another astounding mechanism.

It influences your genetics.

You see, we all have genes that, under certain circumstances, can turn healthy cells into cancer cells. And these cancer-switching genes – known as oncogenes – can be turned on or off by the various chemicals and substances that are coursing through your body.

But IVC has been shown to beat back at least two of the gene expressions and related proteins (cMyc and Ras) that, when triggered (or 'upregulated'), contribute to the uncontrolled growth of cells – both in number and in size.

This may be the oomph you need

Now, we're nowhere near making the blanket statement that 'IVC cures cancer'. Nor are we at the point when we can say that IVC should replace traditional cancer-fighting approaches.

But looking at its efficacy and safety record does beg the question: Should IVC be used in conjunction with chemotherapy?

Well, the jury's still out on that – but the evidence is showing more and more that IVC may help chemotherapy drugs work better. At the very least, IVC may protect your healthy tissues against the havoc that chemo can wreak.

In vitro, this synergistic effect has been shown with such chemo drugs as doxorubicin, adriamycin, gemcitabine, cisplatin, and paclitaxel.

IVC has even shown some synergy with another conventional cancer therapy – radiation!

Now, when someone has cancer, we obviously want to try to shrink the tumour, stop it from growing, and kill off as many cancer cells as possible. That's why so many conventional treatments are of the 'scorched earth' variety.

Your choices are to cut the cancer out... burn it out... or poison it to death.

But all of those treatments can leave you feeling pretty crappy (pardon my French) – not to mention any kind

of pain or suffering you were experiencing from the cancer itself.

That's why it's particularly exciting that research is starting to support the use of IVC in relieving the pain and other symptoms of cancer and cancer treatments (aka palliative care).

In 2011, an improvement was found in a group receiving IVC,³ but since the study wasn't of the 'gold standard' variety – it didn't compare the effects of IVC to a placebo in a double-blind setting – the naysayers and the nonbelievers can easily 'pooh-pooh' those results.

However, we only need to go back to 2010, when a study looking at palliative care showed that using 10g of IVC twice daily can improve quality of life.

Now, it would be one thing if those patients just SAID that they felt better. But in this study, the researchers actually took a more scientific

approach in measuring quality of life by coming up with a scoring system.

And you know what? Overall, the IVC group scored higher in physical, emotional, and cognitive function.

What's more, their scores for all of the complications and adverse effects that comes with cancer and the treatments for it – fatigue, nausea and vomiting, pain, and appetite loss – dropped.

In both cases, the score improvements were statistically significant (both $P < 0.005$).

And it only took one week of IVC infusions to make a difference for those cancer patients.

Why they're coming around to our side

At the Rothfeld Center for Integrative Medicine here in the Boston area, we've treated well over 50 patients with cancer using IVC therapy... and continue to treat several today.

Some have been on concurrent chemo or radiation therapy (as I just mentioned above)... and some have already tried standard chemo protocols that failed in killing off the cancer.

In addition, we've been impressed by this intravenous nutrient therapy – and for many reasons.

First of all, it's safe. It's also easy to administer in a clinical setting – both for the care provider and also for the patient.

What's more, in many cases, it clearly improves patients' energy levels and overall well-being. We can see that with our own eyes.

In fact, it's not an uncommon occurrence for patients' family members to tell us how much better their loved one looks!

Now, some oncologists will scoff at the treatment and tell their cancer patients that IVC is a waste of time. "You're

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One GIANT ROADBLOCK gets lifted

As the treatment of cancers with intravenous vitamin C has become more widespread... and more scientific support has gotten published... there's one thing that's held back the growth of this therapy.

Since 1998, IVC has been considered a 'compounded' medication – and that means it's been under the strict control of the regulations and restrictions that govern compounds.

The biggest obstacle is that these medications have to be compounded under specific patents' names – which makes it very difficult to administer the medication in a timely manner, adjust doses appropriately, and estimate how much medication to order. In addition, raw material availabilities have been irregular, so shortages have been common.

Back in 2006, realising the vulnerability of future availability of IVC, a prominent national compounding pharmacy called McGuff Pharmaceuticals applied for both Orphan Drug Status and New Drug Approval status.⁵

It took more than a decade of jumping through numerous hoops, but I'm happy to say that as of last year, McGuff has succeeded.

Ascor (Ascorbic Acid Injection) has finally been approved and that means that the supply will be secure, and we can stock it for our patients.⁶

And yet another step has been made toward the validation of this remarkable therapy.

just making expensive urine,” they’ll say.

And there are still oncologists who’ll even tell their patients that IVC is “dangerous and unproven”... and worse.

But I am optimistic – because we’ve also started to hear more

positive responses reported by our patients.

Just last week, an IVC patient of ours with multiple myeloma said that her oncologist told her, “You’re doing great. Keep doing whatever it is they’re doing for you at that holistic place.”

And we’ve started to get a trickle of patient referrals from the oncology world, too – usually from IV chemo nurses at one of the hospitals.

Change doesn’t happen overnight. But it does happen. And I can’t wait to see what happens next. **GR**

Diary of a sick doctor: What happens when a health ‘expert’ doesn’t follow his own advice during one of the worst flu seasons

By Dr. Glenn S. Rothfeld

This flu season, I outsmarted myself – and, as a result, I got sick.

Not only did I get the flu... but I got it bad. I missed work. And that almost never happens.

It wasn’t because I neglected to get vaccinated. After all, I never get flu shots, and I only recommend them to very few of my patients.

Instead, at my clinic, we use homeopathic flu protection – and we’ve used it for years.

The product is called Influenzinum, and it’s made by one of the most reputable homeopathic companies, Boiron. It’s a homeopathic formulation of the year’s flu vaccine (combined with homeopathic versions of previous flu vaccines as well) – but, as with homeopathic medications, diluted many hundreds of times.

Called a ‘nosode’, it works by providing an impossibly low dose of the substance and creating an energy-based response that promotes healing.

Since we started using this flu remedy in our practice over a dozen years ago, it’s become one of the most commonly used treatments in my entire practice. Hundreds of patients

ask for it every year when we begin to stock that year’s remedy (around October).

They swear by it, and they give it to their family members. Very few of our patients who take it regularly during flu season ever come down with the flu.

So how did I outsmart myself? By thinking myself invincible.

I made a few mistakes along the way that led to my (albeit temporary) downfall, but my first mistake was that I didn’t take my own advice!

Here’s how to learn from my mistakes – especially this flu season, which is one of the worst we’ve seen in quite some time.

Don’t go skydiving without a parachute

Yes, I tempted fate this flu season by not taking the homeopathic flu prevention that my patients rely so heavily on – but I didn’t stop there.

No, I compounded the issue by making two more grave errors in judgement (which, luckily for me, did not send me into an early grave).

First, I’d been overly busy... and hadn’t allowed myself to ‘recharge my batteries’. I’d been staying up too late, taking on too many projects, not

exercising to the extent that I normally do, and counting on the nearly unlimited energy that I’d had for many years.

That is, before I was a 67-year-old-man with Parkinson’s disease.

Second, I did a lot of travelling before I got the flu. That wouldn’t have been so bad if I’d followed the ‘travel protocol’ that I recommend to patients who are about to travel.

I’ll talk more about some of these later, but for now, you just need to know that the protocol normally includes staying hydrated, using hand sanitiser frequently and liberally, and taking transfer factor, ionic silver spray, and vitamins A and C.

Soooo... I did none of that. I had the stuff with me. I just didn’t take it.

Invincible, right?

As a result of my arrogance, I ended up with the flu. Not only that, but I was down for the count.

I knew what I had right away. Sudden onset, fever, lots of the kind of aching and skin crawling that doctors call ‘malaise’, and incredible fatigue and sleepiness.

Not much cough or sinus symptoms, which frequently are not prominent with the flu.

So, the first thing I did was slept and slept. Crashing in our guest room in a desperate attempt to keep my wife from getting sick, I slept for 36 hours straight without so much as a twitch.

I might've gotten up to pee once, but otherwise, that was it.

Two days later, I began to have some episodes of being awake and slightly less achy.

That's when I finally began to follow the protocol that I recommend to everyone else.

Dispatches from the road to recovery

The first thing I took was something called transfer factor. 'Transfer factors' come from colostrum, the antibody-rich form of milk that comes out before breast milk is produced... and therefore boosts a newborn's immune system.

But transfer factors also support the immune system function of adults, and they're a big part of my protocol in cases of cancer or infections or as part of a health-maintenance programme.

Then, I took some ionic silver spray. You may have heard of silver being used as part of the sterilization process in hospitals – and that's because it has antimicrobial powers.

My wife and I use the silver spray for anything from lacerations and skin infections to sore throats and sinus infections. But this stuff is so amazing, that's not all it can do.

While I was sleeping my day away, my wife experienced some inflammation in her eye (conjunctival inflammation) that she assumed was a virus – and she got rid of it by liberally spraying the ionic silver into her eyes!

When I woke up, I started to spray the silver all over the mucous membranes of my

mouth and throat, around 20 sprays. I repeated that every two to four hours.

The next weapon in my flu-fighting arsenal was thyme tea. Lucky for me, my wife is an amateur herbalist... and my house is strewn with drying herbs... so I could down dried thyme with some hot water, lemon, and honey.

You may know thyme as a wonderful herb for seasoning your dishes (along with parsley, sage, and rosemary), but drinking it as a tea isn't so crazy once you know that thyme, like silver, has been used in hospitals for antiseptics and sterilization!

In fact, thyme and thyme oil both have been used for a long time as significant antiseptics. (And at my clinic, we commonly use thyme oil for yeast and fungal problems.)

And one of the best remedies I've found to help bounce back from colds and the flu is thyme tea.

Attack the flu... from all sides

Another remedy I started on is called Fire Cider tonic, a spicy herbal brew that uses apple cider vinegar (long used to improve digestive and immune function) as its base. Added to that are lemon, ginger, habanero pepper, turmeric, horseradish, onion, and garlic.

As you can imagine, this tonic (which we dilute in green tea or just hot water) is hot to the taste buds, but it seems to cut through a lot of the cold and flu symptoms.

Fire Cider is particularly useful when there's mucus congestion and sinus congestion, but I found it helpful for the flu as well. You can get it in bottles at your local health food store or online.

If we don't have any pre-made Fire Cider around the house, we make our own by throwing a bunch of stuff

Flu shots for some... BUT NOT ALL

As I said, I don't get flu shots... and by and large, I don't give them.

I make a couple of exceptions, of course, but they're only for patients whom the flu vaccine was originally developed to help.

That includes people with severely compromised immune systems or significant chronic lung disease... older folks over the age of 75 who are susceptible to the complications of flu illnesses... and **SOMETIMES** children.

When flu shots first came on the market, these groups of patients were the only ones to be encouraged to get one!

And that made sense.

But sometimes, issues of logic and science get eclipsed by the realities of money. And that's exactly what happened with the flu shot.

You see, the flu vaccine is fragile – and that makes the cost of it exorbitant.

Not only do pharmaceutical manufacturers of flu vaccines have to develop a new one each year... but they also have to preserve them enough to maintain effectiveness.

So – by necessity, I suppose – they expanded their indications for flu vaccine to include everyone with a pulse.

Pharmacies started handing them out, and doctors were encouraged to push them on their patients.

But selling the flu shot is more about the bottom line than actually keeping influenza from bringing you down.

into apple cider vinegar and letting it brew.

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Or sometimes we go to the local Chinese restaurant for hot and sour soup, which seems to do some of the same thing.

I think the mistake that a lot of people with the flu make is trying just ONE of these remedies... not sticking with it... and quitting if they don't feel better right away. But because these protocols are based on natural therapies and not drugs that hit you over the head with an anvil, they need a little extra time to get working.

And sometimes, you need a bit more of them to start feeling the difference.

Case in point: While I had the flu, I took about 100,000 units of vitamin A. Now, vitamin A would normally be toxic at that level, but ONLY if taken regularly. Over the course of three to five days, it was perfectly safe – and I find it to be helpful in boosting immune system response. (Of course, don't go taking massive quantities of anything without checking with your own doctor first!)

Finally, I took the same thing

for my flu that I take for any virus – an antimicrobial called Lauricidin (which is a form of monolaurin, which I shared with you in the June 2017 issue of *Nutrition & Healing*).

This stuff is seriously one of nature's wonders. And about a half-teaspoon three times a day is usually enough to do the trick.

Good advice should be followed

After a few days of taking these remedies and getting plenty of bed rest, I felt well enough to make arrangements with my office to come in and get an intravenous vitamin C drip.

I'd already started taking 1 to 3g of powdered vitamin C every few hours, but IVC is great as an antiviral and an anti-cold and anti-flu remedy (in addition to the anti-cancer benefits I shared with you on page 1 of this issue).

In fact, hardly a staff meeting in my office occurs without at least one staff person hooked up to an IVC drip, trying to ward off an impending cold!

Although I'd 'called out sick', I went into my clinic... where they set up a quiet,

isolated room for me so that I wouldn't expose anyone else... and my nurse gave me 35g of vitamin C intravenously.

After that, my malaise and fatigue were significantly better.

That's just one of the reasons why I'd much rather get stuck by THAT needle than the flu shot.

To give you a sense of how bad my bout with the flu was this year, you should know that it's rare for me to be off from work for a few days. Most of my patients and staff – many of whom have been with me for years – can't even remember the last time I was out that long!

And even after five days laid up with the flu, when I went back to work, I was more exhausted than usual. And as I write this, I still can't say I'm 100 per cent.

I guess that means that I'm not invincible after all... and that I need to practise what I preach.

But it's not too late for you to learn from my mistake. Don't think you've outsmarted the flu and wind up outsmarting yourself! **GR**

The common over-the-counter drug that could be harming your manhood!

By Dr. Glenn S. Rothfeld

There's a common over-the-counter (OTC) medication that you are most likely taking every day... and believe it or not, it could be hurting your manhood.

I'm not just talking about fertility here – though that most certainly is a huge issue that's arisen out of a new study on the use of this OTC drug.

And it's one of the most utilised over the counter medications in the world.

But even if all your seeds have already been sown... even if your own childbearing years are in the rear-view mirror... and even if 'the change of life' was a welcome reprieve from years of 'the curse'... you should still march over to your medicine cabinet right now and see if you've got a bottle of this stuff in there.

If you do – and if you want to save the manhood – throw that bottle out!

Because it's not doing you any favours.

In fact, according to a recently published study, ibuprofen not only impacts male fertility... it also lowers testosterone.

And that affects millions and millions of men all around the world.

I'm not sure there's any man... at any age... who wouldn't be taken aback to hear that ibuprofen can hurt, shrink, and threaten their manhood!

Is this why the 'Baby Boom' has gone bust?

The *in vivo* study out of Northern Europe was conducted on volunteers who were already pretty manly – athletes.

It showed that taking 1,200mg of ibuprofen a day definitively lowered testicular output.¹

Now, when you consider that a standard dosage can contain up to 200mg, getting up to 1,200mg would only mean taking a dosage of two tablets, three times a day.

And who just takes two pills when they're in enough pain to pop some ibuprofen?

The researchers were so intrigued by this inducement of testicular damage that they studied the topic further – this time *in vitro* – by taking small pieces of organ donor testicles and mixing them in a test tube with ibuprofen.

Once again, their research showed that this common pain reliever damaged the tissue.²

These findings could explain some very commonly-known facts that we haven't had answers for yet.

First of all, as our society becomes more industrialised, why are the babies no longer booming?

It's almost impossible to fathom that one in every four couples in developing countries can't conceive... after five years of trying!³

And at least half of that infertility trend is due to the male's sperm quality and quantity, according to other studies.

As the authors of this study point out, male fertility has been on a disturbingly downward trend. From 1970 to 2010, we've seen a 52 per cent decline in sperm concentration and a 59 per cent decline in total sperm count.⁴

But here's something you may not know: Not all drugs are evaluated for their effects on

male fertility before they're sent off to market.⁵

Therefore, there could be many other drugs – ones that you or a loved one might be taking right now – that can alter or lower testosterone production in men!

And here's another reason why you should care about this, even if your baby-making days are far behind you: According to a study last year, ibuprofen could damage the testicles of a male foetus if his mother takes it during her first trimester.⁶

Don't let something steal the manhood away from your son or grandson... before he's even allowed to become a man!

What's draining your vigour?

Even though the studies I just shared with you revolved around younger men and athletes, it's also a known medical fact that testosterone levels are decreasing at an alarming rate in all men, regardless of age.

A study published in 2007 showed that there was a 'substantial' drop in male testosterone levels from the 1980s to the early 2000s – as much as 15 per cent!⁷

I see this in my own practice. These days, it's almost the 'norm' for men who come to me complaining of fatigue to have low testosterone levels.

Testosterone is so incredibly important – and not just because it's the hormone that makes men MEN.

Optimal levels of it are also crucial for almost every organ in the body – yes, the penis (and sex drive and sexual function), but that's actually only a small portion of testosterone's importance.

For instance, your brain needs testosterone. Lower levels of it cause depression and memory loss.

And ladies, you need testosterone, too! (Just less of it.)

If your muscles (including your heart, which is just one

big muscle) and bones don't get enough of the so-called 'male hormone', it can lead to pain, frequent injuries, and weakness or frailty.

I could go on and on!

It's not just about the party in your pants

As I've shared with you in the past, almost every integrative doctor in the country – including yours truly – optimises male testosterone as part of achieving and maintaining overall good health for patients.

There are many ways of accomplishing this goal – and it's not just about adding more testosterone back in.

In fact, no good integrative doctor would place most younger men (especially athletes) on testosterone replacement therapy, as those gels and shots can actually shrink the testicles... and make the problem that ibuprofen caused even worse!

Instead, I try to revitalise and rejuvenate the testicles with herbs and natural remedies (such as maca, tribulus, tongkat ali, fenugreek, or ashwaghandha) or use a medication called clomiphene to get the testicles to start producing more testosterone on their own.

But, as with any other health concern, it's just as (if not more) important to identify and stop (or at least limit) the root causes of your low testosterone.

And that brings us back to your medicine cabinet.

Limiting non-steroidal anti-inflammatory drug (NSAID) use is essential when optimising your testosterone.

Now, even though I don't blame all of the 'castration' on ibuprofen, ibuprofen is a 'bad hombre' – and everyone should watch their intake of this effective yet dangerous over-the-counter pain medicine.

As I've shared with you in the past, thousands of

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IBUPROFEN

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hospitalisations and deaths occur from the use of NSAIDs (which include both ibuprofen and aspirin) each year.

To be honest, I wonder how it's still legal for NSAIDs to be sold over the counter.

Not only that, but why would any man would want to jeopardise his stomach (from gastrointestinal bleeding)... his kidneys... and now his testicles?

Out with the old, and in with the new

Now, if you're taking ibuprofen regularly, I'm sure you've got a good reason. It may be the only thing that helps you make it through the day.

Especially if you have chronic pain.

Chronic pain is never an easy subject to discuss, but I do want to be clear that I'm not expecting you to read this article and never take another NSAID.

However, if it's arthritis pain that's got you down, I'd be happy if sharing this news with you got you to turn to alternatives like a topical cream (I've recommended T-Relief in the past) or an oral hyaluronic acid.

I also urge you to try to lower – if not eliminate – your ibuprofen intake by trying a natural anti-inflammatory. Some of my favourites include curcumin, boswellia, hops, and tart cherry.

Don't forget about chiropractic, physical therapy, and, of course, acupuncture.

As one of the first medical doctors to get certified in this ancient practice, I've seen the effects of its powers first-hand.

You'll spare your kidneys... your stomach... and your testicles from the stress of NSAIDs.

And your balls will thank you (or, at least, your partner will)! **GR**

Why you shouldn't snooze on your sleep habits

Poor sleep and sleep apnoea can also cause low testosterone – so, if you're not getting enough winks every night, work on your 'sleep hygiene'.

That doesn't mean taking the 'PM' version of one of those OTC painkillers!

But if you're a little on the older side, you may be missing out on another hormone whose levels tend to dip with age – melatonin, the 'sleep hormone'.

Cherry juice increases the availability of the amino acid tryptophan, which is found in foods like turkey. Tryptophan has been found to induce drowsiness and can help you to sleep better. But tart cherry juice is also rich in melatonin – the hormone that helps regulate your sleep cycle – as well as procyanidin, a plant nutrient that may have sleep benefits, too. Translation: Tart cherry juice could be a TRIPLE threat for insomnia!

Losing weight usually reverses the breathing and sleeping disturbances associated with apnoea – but if you're not packing on a few extra pounds, or if shedding them doesn't do the trick, see a sleep specialist or an integrative doctor to figure out what else is going on.

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