



Dr. Bruce West, Founder
Health Alert/Immune Systems, Inc.

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WHEN ALL OTHER TREATMENTS FAIL

Dear Reader,

ANTIOXIDANT SCAM CAN ENCOURAGE CANCER GROWTH

"I had a letter from an Austrian colleague who was suffering from a severe hemorrhagic diathesis [infection]. He wanted to try ascorbic acid for his condition. Possessing at that time no significant quantities of crystalline ascorbic acid, I sent him a preparation of paprika that contained much ascorbic acid, and the man was cured by it. Later, with my friend St. Ruzsnyak, we tried to produce the same therapeutic effect in similar conditions using pure ascorbic acid, but we obtained no response. It was evident that the action of paprika was due to some other substance present in this plant."

Albert von Szent-Gyorgyi, *Oxidation*, pp 73, 74, Williams and Wilkins, 1939

For decades now Americans have been loading up on "vitamin C"—the "supreme antioxidant" to prevent and treat all kinds of health problems from colds to colitis. Unfortunately throughout all this time, supplement (pharmaceutical) makers have been making a fortune with little benefit for the unwitting patients. And the reason is simple. Real vitamin C is a **nutritional complex** comprised of hundreds (or more) of biochemical parts, which include bioflavonoids, vitamin P, a host of phytochemicals and phytonutrients, and natural ascorbic acid. The role of ascorbic acid, which is the antioxidant portion of the vitamin C complex, is to protect all the other phytochemicals in the plant from damage.

Just as Szent-Gyorgyi discovered, the healing portions of the vitamin C complex in the human body are the phytochemicals (phytochemicals)—like vitamin P and bioflavonoids—not the ascorbic acid. In fact, in most instances when these are absent, there is little use for the antioxidant ascorbic acid. Nonetheless, with millions of dollars to be made, pharmaceutical companies and supplement makers together dreamed up the antioxidant theory of disease and invented perhaps the most financially successful "nutritional supplement" ever—ascorbic acid—which they called vitamin C.

All the way back to 1936, Albert Szent-Gyorgyi—who won a Nobel prize for his discovery of vitamin C and its powerful effects on human health, scurvy, circulation, and in particular blood vessels—knew that ascorbic acid was not the active ingredient in the vitamin C complex. He discovered this *fact* because crystalline pure ascorbic acid (the supposed cure for scurvy) had no effect against his colleague's severe scurvy syndrome of bleeding and infection. His colleague had a complete recovery when Szent-Gyorgyi sent him a whole food (in this case a paprika preparation) that was rich in the real vitamin C complex.

This startling discovery happened in 1936 when Szent-Gyorgyi isolated a substance from both lemons and fresh paprika peppers that would

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Bruce West, DC, Editor/Publisher

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restore weakened capillaries to their normal state, thus putting an end to the dreaded disease of scurvy. This same restorative effect was not seen when ascorbic acid alone was administered. Szent-Gyorgyi named this substance within the vitamin C complex *citric*, which later became known as *vitamin P* (for paprika). Today vitamin P, as we call it, is the name for *bioflavonoids like rutin and others*. The most rutin-rich material is the green leaf juice from the buckwheat plant. And the rutin product of choice has been, for more than 65 years and still is today, *Cyruta Plus* by Standard Process.

Antioxidants—Antismoxidants!

Seizing on moments in the history of medicine like this one, pharmaceutical companies and supplement makers somehow managed to concoct one of the great scams in health care history—the *antioxidant theory of disease*. It goes something like this in simplified form: Oxygen goes awry in your body creating *free radicals* which are oxygen compounds known as *prooxidants*. These are supposedly killing Americans by the tens of thousands. Your only way out of this early death is to buy and consume truckloads of synthetic chemicals (like ascorbic acid) called *antioxidants*. These are supposed to mop up or eliminate free radicals, saving you from doom.

This shameful scam worked like a charm, and is still working today with millions of Americans buying this junk that is produced for pennies and sold for anywhere from \$20-\$100. Manufacturers sell the lie with powerful brainwashing ads that depict oxygen free radicals as “extremely toxic cellular renegades, white sharks in your body, chemical assassins, terrorist bullets, universal poisons, your body’s enemies,” and worse.

Unscrupulous manufacturers ratchet it up several notches by teaching you that free radicals cause your body to rust, bloom with tumors, and burn up. Of course your only hope is their chemical supplements, which mop up free radicals. These mostly useless “supplements” are branded as rust-proofers that are anti-cancer, anti-heart disease, and anti-arthritis. The only problem (but for one of their statements which is partially true) is that *it’s all bunk!* The partially true statement is that free radicals are like terrorist bullets. In fact, the oxygen free radicals known as prooxidants are like bullets and even missiles *for your immune*

system, which uses them against disease, and in particular against *cancer!*

That is why you hear oncologists saying not to take antioxidants when you have cancer because your odds of recovery are *lowered*. Studies repeatedly show that cancer outcomes are worse when large doses of antioxidants are used. And in fact, overall mortality is highest in humans with the greatest intake of antioxidant supplements. This is true partly because your body and its immune system need oxygen free radicals to fight cancer.

Cancer Cell Growth

According to an article from the American Society for Nutritional Sciences, published in the *Journal of Nutrition*, 134, 2004, *antioxidants suppress apoptosis*. Apoptosis is the protective mechanism in your body that stops out-of-control cancer cell growth, killing these same cells. Synthetic antioxidants damage this protective mechanism, actually encouraging cancer cell growth. *Oxygen free radicals or prooxidants*, which antioxidant supplements mop up and destroy, are critical in cancer because they are used by your immune system to activate programs for *cancer cell suicide!*

Think this is just me speaking? An amazing article in the journal *Nature*, Oct 14, 2015, shows that antioxidants increased cancer metastasis (spread). Some of the trials had to be stopped because patients getting the antioxidants were dying faster. One of the possibilities raised by the study was that cancer *should be treated with prooxidants and that cancer patients should not supplement their diet with large doses of antioxidants*. Just like I have said, prooxidants that are diminished by antioxidant supplements are actually bullets and missiles that your immune system uses to destroy metastatic cancer cells in your bloodstream!

This makes the antioxidant scam deadly. But do the makers of antioxidants care? It seems not—there is too much money to be made with this scam, and the profits are obscene. Where else can you give away a million bottles of this junk (just for the price of shipping and handling) and not lose money? I think you get the picture. Don’t throw money away on antioxidants and risk your health in the process.

And when it comes to blood vessel problems or namely *subclinical scurvy*—the disease thought

wiped out a century ago but that in reality is still going strong—do not waste your money on antioxidants. Subclinical scurvy shows up as bleeding gums, dark blood stains on your skin, wounds that won't heal, joints and bones that break down, and more. **And it is rampant in this country.**

In another upcoming article, I will go into depth on circulatory problems, subclinical scurvy, blood clots, bleeding, plaque, thrombi, strokes, heart attacks, blood vessel walls, deep vein thrombosis, peripheral artery disease, and more. These are all helped with **rutin** (Cyruta Plus: 6-9 daily), which is part of the real **bioflavonoid complex**, which is part of the real **vitamin C complex**. These problems are not helped with crystalline pure, synthetic ascorbic acid produced synthetically in a laboratory from bizarre chemicals. Even natural ascorbic acid from plants (which is impossible to get in a dose more than 30 mgs) is strictly the antioxidant portion of the vitamin C complex designed in nature to protect the plant and other phytochemicals within the plant. It is kind of like the banana peel protecting the banana. Do you think eating 10,000 banana peels will help your health, stop your bleeding, or put a halt to cancer cell growth?

I know you get the picture. More on the amazing story of rutin, real vitamin C, and bioflavonoids later.

SECRET TREATMENT OF THE MONTH

SLEEP APNEA, YOUR HEART AND DEEP BREATHING

If you are jolted awake at night, recognizing you have stopped breathing for some moments, you are suffering from **sleep apnea**. But what you may not know is that your heart may also be involved. Often your heart can stop beating or skip beats when it is out of normal rhythm. This is usually a cardinal sign of a nutritional deficiency. If it happens at night, it can produce the same symptoms as being jolted awake with sleep apnea.

Before you are fitted for a face-mask type sleep apnea apparatus... before you start drugs for your sinuses... before you submit to sinus surgery... before you start heart rhythm drugs... before you start blood thinners... before you have your heart shocked back into rhythm, which never works for

the long-term... and before you become totally exhausted because you haven't had a full night's deep sleep... use this common sense protocol.

While most people develop sleep apnea that is related to snoring and difficulty breathing (obstructive sleep apnea), many folks develop sleep apnea because they do not normally breathe deeply and properly, leaving them **oxygen deficient**. A cardinal sign of this problem is **rapid breathing**. If you breathe quickly and never seem to get oxygen satiated (to get a solid, satisfying breath), this may be you. Without doing any further checking, if you have these symptoms, I recommend you go forward with my protocol immediately.

Improve Breathing and Oxygen at Night

Just before bed, practice 10-20 **Buteyko breaths**. This technique was named after the Russian breathing expert Constantine Pavlovich Buteyko. Sit comfortably in bed and practice what I like to call the **4-7-8 breathing technique**. Breathe in deeply through your nose to a slow count of four. Make sure your stomach fills with air first, then finish by filling the upper portion of your lungs and chest. At this point, hold the breath in to a slow count of seven. Then let all the air out slowly through your mouth to a slow count of eight. Do 10-20 of these before lying down to sleep.

I can't say enough about deep breathing techniques. They are the antidote for a serious and common problem called **hypertonia**—where you are always tense, with a tight diaphragm which disallows good, solid deep breaths. The cascade of events caused by hypertonia runs the gamut, from chronic exhaustion to high blood pressure, to abnormal heartbeats (cardiac arrhythmia), to sleep apnea, and even to long-term serious health problems like cancer.

So practice the 4-7-8 breathing technique before going to sleep. If you are already suffering from hypertonia, high blood pressure, or any of the other symptoms, perform this procedure 2-3 times daily, with your last procedure just before falling to sleep. It is powerful medicine and it can often do as well with high blood pressure as prescription drugs.

Treat Your Heart for a Strong, Steady Beat

Always remember that a cardiac arrhythmia—where your heart skips or stops—can cause sleep apnea. Cardiac arrhythmia problems are almost