



# Dr. Frank Shallenberger's **SECOND OPINION**<sup>®</sup>

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## HEALTH NOTES

### **Are COVID-19 Injections Causing Cancer?**

There has been a very significant increase in deaths across the board, including cancer, ever since the outbreak of COVID-19. Here's the question. Is this increase due to the infection or due to the mRNA injections falsely advertised as vaccines?

We already know that the injections can cause heart disease even in the young. And ever since the introduction of the unapproved and inadequately tested genetic-altering injections, experts have been warning about the possibility that they will cause an increase in the cancer rate. Recently, researchers have published how the death rates for different types of cancer in Japan changed during the COVID-19 pandemic. Their findings are alarming to say the least.

Compared to the statistics between 2010 and 2019, they found no increase in cancer death rates during the first year of the pandemic. However, that all changed in 2021 when researchers started to see an increase in cancer deaths after the mass inoculations with the first and second mRNA injections. Then, the next year, it got even worse. According to the authors of the study, "significant excess mortalities were observed for all cancers and some specific types of cancer (including ovarian cancer, leukemia, prostate cancer, head and neck cancer, pancreatic cancer, and breast cancer) after mass vaccination with the third dose in 2022. Not only that, but the death rates for the four most deadly cancers, lung, colorectal, stomach, and liver,

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## ***This New Treatment Is Curing Cancer!***

At the recent annual meeting of the American Academy of Ozonotherapy in Orlando, we were amazed at a presentation by Dr. Jim Bridge, DVM. What Dr. Bridge taught us is potentially a real game changer when it comes to treating tumors and infections. The treatment Dr. Bridge described is easy, safe, and inexpensive.

Of course, when it comes to our profit-driven medical system, easy, safe, and inexpensive are considered counterproductive. But for practitioners who aren't stuck in that system, the information that Dr. Bridge presented was nothing less than astounding.

First, some background might be helpful. Ozone was first used in medicine in the mid-1800s. In 1885, the Florida Medical Association published the first textbook on the many medical applications of ozone, written by Dr. Kenworth.

Later on, after reviewing the evidence for the medical effectiveness of ozone therapy, Nikola Tesla, one of the great geniuses of the 20th century, patented his first ozone generator in 1896.

In 1900, he founded the Tesla Ozone Co.—the first manufacturer of ozone generators designed for medical use. Tesla was also the first person to treat olive oil with ozone until it was fully saturated with the resultant oxygen and ozone metabolites.

The ozonated olive oil turned out to be highly effective for topical use in dentistry and for skin disorders. The only problem with ozonated olive oil is that since it is fat-soluble, it is not suitable for injections or for intravenous use. Not so with glycerin.

Glycerin is water soluble. It is made and metabolized in the liver. It is found in plants (particularly soy and palm) and also in animal-based foods. Glycerin is extensively used in many medical, pharmaceutical, and personal care products. It tastes sweet because it is a compound very similar to glucose (sugar). In fact, glycerin is basically two glucose

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were decreasing before 2020, but the rate of decrease slowed in 2021 and 2022 after the injections were introduced.

As of March 2023, 80% of the Japanese population had received their first and second doses, 68% had received their third dose, and 45% had received their fourth dose. Despite these national measures, 33.8 million people had been infected, and 74,500 deaths had been attributed to COVID-19 in Japan by the end of April 2023. In 2021, the death rate from ovarian cancer increased by 7.6%, and in 2022, it increased by 9.7%. Prostate cancer deaths increased by 5.3% in 2021 and by 5.9% in 2022. Head and neck cancers increased 1.3% in 2021 and 5.5% in 2022. And deaths from pancreas cancer increased by 1.9% in 2021 and 2% in 2022.

The point is this. Notice that in 2020, the first year of COVID-19, the death rate from cancer was the same as it had been in the years before. That tends to rule out COVID-related cancer deaths. Only after the mRNA injections were introduced do the numbers start to climb with the maximum increases happening just as the number of injections were increased. It is clear from this study and also from several other studies in different countries that the injections are responsible for the increased

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molecules joined together. Remember that.

Additionally, in the body, it can be converted into energy through the glycolytic pathway that cancer cells depend on. These are two important characteristics of ozonated glycerin when it comes to cancer therapy. More about that later.

Several years ago, I read a paper by Japanese veterinarian Professor Okamoto from the Japanese Veterinarian School in Totters. Professor Okamoto knew that both ozone and ozonated water kill cancer cells on contact. The problem with using either one of these to directly treat tumors is that they are so quickly metabolized that they are unable to last long enough to destroy a tumor.

Through a series of experiments, the professor learned that properly ozonated glycerin has a half-life of 90 days. During that time, it slowly releases the ozone/oxygen metabolites it contains. These metabolites are toxic to cancer cells (and also bacteria and viruses) while being harmless to healthy cells and tissues.

So, he started injecting his ozonated glycerin around the tumors of the dogs he was treating and quickly discovered that, as predicted, the tumors were frequently destroyed. Because of his amazing findings, I invited him to speak at our annual American Academy of Ozonotherapy meeting. The problem was that because of the language differences, none of us really understood exactly how he produced the ozonated glycerin. That's where Dr. Bridge stepped in.

Dr. Bridge discovered that if he ozonated USP glycerin at a flow rate of 1/32 LPM in a concentration of 100 mcgm/ml, he was able to saturate the glycerin in 7 days. The resulting ozonated glycerin contained 10 mcg of ozone/oxygen in every cubic centimeter of glycerin. He then proceeded to treat several of his patients by injecting a 20 cc solution consisting of 1 cc of ozonated glycerin diluted with 19 cc of saline around (not into) various tumors. Here's what happened.

A 9-year-old labrador had a huge sarcoma cancer of the spleen, which took up his entire abdomen and was bleeding into his abdomen. It was 39 x 51 centimeters. After the first injection into the abdominal cavity (the peritoneal cavity), the tumor was reduced by 75%. After the second injection, it was gone, and the spleen was normal! Just 8 weeks later, the tumor started to grow again. Dr. Bridges then gave the treatment once a month for 6 months and is now doing it every three months. The dog remains in full remission.

A 14-year-old cat had several fibrosarcoma tumors after getting a feline leukemia vaccine. That "safe and effective" vaccine has since been taken off the market when it was eventually discovered that it caused cancer. After only one treatment, all the tumors permanently disappeared. He

treated another 15-year-old cat with the same problem and had the same result.

A 12-year-old dog had a large 4 cm lymphoma mass along with several involved lymph nodes. After three treatments, the mass was gone, but the nodes did not seem to respond. The dog later died from lung cancers that the ozonated glycerin could not reach.

A 12-year-old cat with a liver four times larger than normal was treated with an infusion of the glycerin mixture into the abdomen where it came in direct contact with the liver. After two treatments, the liver was completely normal.

A 9-year-old dog had cirrhosis of the liver from a coccidioidomycosis fungal infection. That dog went into complete remission after only two abdominal treatments.

The reason that the treatments work so well for cancers is probably due to the fact that cancers thrive on glucose. They can't get enough. Ozonated glycerin is preferentially taken up by cancer cells for two reasons. First, when it is injected into tissues, it's broken down into glyceraldehyde 3-phosphate, which is a glucose metabolite that cancers use to grow.

Next, it is broken down into two glucose molecules both of which are taken up by cancer cells to use for energy and growth. Once the ozonated glycerin is in the cancer cell, it will kill it by releasing the oxygen and peroxides it contains, both of which are toxic to cancer cells but safe for healthy cells.

So, what about humans? What works for dogs and cats typically works on humans. So far, I have treated 6 patients using the same technique that Dr. Bridge taught me.

One woman had a squamous cell cancer of the vagina. These are notoriously resistant to therapy. After three treatments, her tumor has been reduced to about 1/5th of its original size. I treated another woman with breast cancer and a very large cancerous lymph node under her arm by injecting around the node. After two treatments, it was reduced in size by about 30%.

I had one patient come in with an abscessed tooth. I injected the area without any problems and one week later the abscess was gone and never returned. Another patient had two tumors over her parotid gland. These have shrunk down significantly after only one treatment.

Lastly, I had two patients come in today with cancer. One with a large breast cancer and one with a very large squamous cell cancer of the neck. I injected both without any problems. I'll report back on how these patients did in an upcoming issue.

Dr. Bridge also reported on treating himself. He has a history of asthma and sinusitis. He made a dilution of the glycerin suitable for inhaling in a nebulizer. He also made

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cancer death rate. But why? How can the injections increase the cancer death rate?

Some apologists for the injections attribute the increase to an inability of cancer patients to get treatment because of the shutdowns. However, according to the authors of the study, that does not match the data. The death rates continued to climb as more and more injections were given despite the fact that in 2022, the access to medical care in Japan was every bit as good as in the pre-pandemic years.

Another reason for the increased death rate may be due to the known tendency of the injections to cause blood clots. One of the major causes of death in patients with cancer is cancer-associated blood clots. Thus, the addition of the injections given to patients with already existing known or unknown cancer may likely have caused an increased death rate from blood clots.

Another way the injections could have increased the death rate is because they suppress cancer immunosurveillance. Cancer immunosurveillance refers to the immune system's ability to kill developing cancer cells. According to the authors, several studies have shown that type I interferon and BRCA2 responses, both of which play an essential role in cancer immunosurveillance, are increasingly suppressed in patients the more often they get one of the mRNA injections. The authors go on to list several other ways that the injections reduce cancer immunosurveillance.

Additionally, the injections have been shown to lead to the reactivation of latent viruses such as varicella-zoster viruses, human papillomavirus, human herpesvirus 8, and Epstein-Barr virus. The authors point out that the activation of these viruses "could also help explain the excess deaths from lip/oral/pharyngeal cancer in 2022 when mass vaccination with third and later doses was underway."

The increase in the death rates from ovarian cancer, leukemia, prostate cancer, head and neck cancer, pancreatic cancer,

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and breast cancer could also be due to the fact that the spike protein production caused by the injections activates estradiol alpha receptors. All of these cancers are known as estradiol alpha-sensitive cancers.

BRCA1, BRCA2, and P53 are known as cancer suppressor genes because they act to suppress the ability of cancer cells to grow. The injections have been shown to interfere with the way these genes work. Impaired BRCA1 activity is associated with higher risk of breast, uterine, and ovarian cancer in women and prostate cancer in men, as well as moderately higher risk of pancreatic cancer in both men and women. Impaired BRCA2 is associated with breast and ovarian cancer in women, prostate and breast cancer in men, and acute myeloid leukemia in children.

Although the statistics and these explanations do not offer specific proof that the increase in cancer deaths we saw was because of the increased use of COVID-19 injections, they do offer considerable concern. That's because these experimental injections are just that—experimental. All the FDA procedures to bring a new drug on the market were completely ignored. Instead, we have been experimented on without our consent. We were told that the injections were safe and effective, which we now know to be completely false. And now this.

Why am I telling you this? If you have had one of these injections, don't feel bad. You were just trying to do the right thing. The problem wasn't you; it was the fact that the institutions you used to rely on were deliberately lying to you. My advice is to get a Galleri cancer screening test now and again in 14 months to check to see if you have a cancer you don't yet know about. I have written about this before, and you can learn more about that test at [www.galleri.com](http://www.galleri.com). In the meanwhile, it makes good sense to be extra careful with your diet, exercise, and stress levels.

Gibo M, Kojima S, et al. (April 08, 2024) Increased

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a dilution for a sinus spray and reported that his lungs and sinuses cleared right up without any side effects. He also reported that he has successfully used the glycerin intravenously and has successfully injected it into his joints without any side effects.

While this therapy is still very new (only Dr. Bridge and I have been using it), it meets all my criteria for introducing a new “unproven” therapy—it is inexpensive, safe, and has some positive case studies behind it.

The use of ozonated glycerin might be a huge game changer when it comes to the treatment of tumors and infections and in other conditions where ozone has proven itself. The advantage that ozonated glycerin has over other ozone modalities is that it has a slow-release effect and so may require fewer treatments to get the same results as with ozone gas and ozonated water. I will be sure to keep reporting to you on how this plays out. For all the practitioners out there who missed the last American Academy of Ozonotherapy meeting, you can download the whole meeting including Dr. Bridge's presentation at the academy website: [www.aaot.us](http://www.aaot.us).

## How to Stock Your Medicine Cabinet

After what the federal and local governments and public health agencies did during the COVID outbreak, it is obvious that we can no longer rely on them to look out for us. In addition, since our country relies on our enemy China for most of our medications, there is concern that China may stop providing them if they see it would be to their advantage.

For these reasons, many of my patients have been asking me for advice as to what they should have on hand the next time there is a supply chain problem getting medications or supplements. Their other concern is that the governmental agencies may once again decide to forbid the use of helpful medications like they did with ivermectin and hydroxychloroquine in the COVID days. So here is what I think is a good start.

First of all, as I have always said, the best treatment for any disease is not to get it. So, let's talk about prevention. Besides doing all the basics I recommend in my book *Bursting With Energy*, all of us should be doing the following and have enough on hand to provide for several months:

- **Super Immune QuickStart**—one scoop per day.
- **Vitamin D3**—take enough to get your blood levels over 50 ng/ml. Start with 5,000 units per day.
- **Vitamin K2**—take 15 mg per day or 150 mcgm of vitamin K (MK-7).
- **Vitamin A**—take 25,000 units once a week.
- **Melatonin**—take 60 mg at bedtime.

Unfortunately, even if you do everything I recommend to avoid illness, it can still happen. So here is what I recommend having on hand, just in case.

For flus and colds:

- **Vitamin C**—when facing an infection of any kind start taking 1,000 mg 4 times daily for the first day. Take 2,000 mg, 4 times daily the second day. Take 3,000 mg 4 times daily on the third day. Keep increasing the dose every day by 1,000 mg until either the infection is controlled or you start to get loose stools or intestinal gas.
- **Vitamin A** is great for bronchitis (infectious cough with chest pain when you cough) and colds. Take 50,000 units 4 times daily for a maximum of 2 weeks or until the infection is controlled. Pregnant women should not do this.
- **Nebulizer**—these can be purchased online or at most drug stores.
- **Hydrogen peroxide 3%**—for any flu or cold add 3 cc to the nebulizer and inhale this 4 times daily or up to every hour if the infection is severe. As soon as the infection starts to subside, you can slowly back off on the frequency. Dilute the 3% peroxide with tap water as needed if it irritates the lungs.
- **Aspirin 81 mg**—take 1 tablet 3 times daily during any flu.
- **Quercetin**—take 300 mg 3 times daily.
- **Vitamin D**—take 50,000 units per day.
- **Zinc acetate lozenges**—take 1 every 2 waking hours until you are over the infection.
- **Ibuprofen 200 mg**—take as needed for aches and pains.

For medical problems other than flu or colds, the following medications will cover most problems:

You will need a doctor to prescribe most of these for you. Check with your doctor or pharmacist to make sure you do not have any medical condition that contraindicates the use of any of these medications. The doses are for adults. To find the right dose for children, multiply the adult dose by the child's weight in pounds divided by 160.

Also, assuming the internet is available, you can find a lot about using these medications by searching the name of the medication plus the word dosing. For example, search “prednisone dosing” for more information on how to safely use prednisone.

- **Prednisone 10 mg**—Keep 50, 10 mg tablets on hand for allergic reactions, especially asthmatic reactions and hives. Take 4 per day for the first 3 days and then decrease to three times daily for three days, two per day for three days, and then one per day as needed.

## HEALTH NOTES ... continued

Age-Adjusted Cancer Mortality After the Third mRNA-Lipid Nanoparticle Vaccine Dose During the COVID-19 Pandemic in Japan. *Cureus* 16(4): e57860. doi:10.7759/cureus.57860. www.cureus.com

### **The Best Way to Find Cancer Early**

As I have reported to you before, the second leading cause of death is cancer. And it is soon about to overcome the current number one cause of death, cardiovascular disease. The sobering thing about cancer is that although we have really good ways to identify and treat cardiovascular disease early on, until recently, we have had almost no way to do the same with cancers—especially the deadliest cancers.

Keep in mind that most cancers exist in the body years before they are discovered. There are 51 different cancers that people can die from. We only have early detections for four of them—breast cancer, cervical cancer, colorectal cancer, and prostate cancer. If you get one of the other 47 cancers, the only way you will find out if you have cancer is if it is accidentally discovered early on or when it is in an advanced stage. Here are some more sobering statistics.

The older you are, the more likely you are going to get cancer. Men and women over age 50 are 13 times more likely to have cancer compared to people under the age of 50. And it doesn't matter what your family history of cancer is. That's because only 5% to 10% of cancers are inherited.

When cancer is diagnosed early, before it has time to spread, the overall 5-year cancer-specific survival rate is 4 times higher than when cancer is diagnosed late. The scary thing is that 70% of the men and women who die from cancer die from cancers other than the four we have screening for. Besides focusing on a lifestyle which will make your body an unattractive place for cancer to develop as described in my book *Bursting With Energy*, the next best thing is early detection.

I have reported to you several times in the past about the value of Galleri cancer

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screening. This is a simple blood test that can find cancer DNA in your blood years before a cancer would otherwise be diagnosed. It gives you a significantly better chance of surviving any cancer should you be so unlucky to get one.

Recently, scientists and doctors from the US and the UK, along with the American Cancer Society, collaborated on a study looking at whether or not having a Galleri test every year would actually save lives. They presented their data at last year's American Society of Clinical Oncology annual meeting.

The researchers looked at a group of men and women who had their blood drawn and frozen at a time in the past when they were considered cancer-free. Then, using the Galleri test, they analyzed the frozen specimens of those in the group who went on to be clinically diagnosed with cancer within 3 years of their blood draw.

The results indicated that the Galleri test would have found the cancers an average of one year before they were actually

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

- Access your own account using your email address
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Login using your customer number (above your name on the mailing label). Be sure to add your email address and password to make it simple to log in every time.

[www.SecondOpinionNewsletter.com](http://www.SecondOpinionNewsletter.com)

- **Amoxicillin-Clavulanate 500 mg**—Keep 30 capsules on hand and take one every 12 hours for lung infections, sinusitis, bronchitis, urinary tract infections, and infections of the skin.
- **Azithromycin 500 mg**—Keep 30 capsules on hand and take one per day for 3 days for sinus and lung infections, bronchitis, dental infections, and for wound and intestinal bacterial infections.
- **Penicillin VK 250 mg**—Keep 120 on hand and take one 4 times daily for dental infections and severe sore throat.
- **Doxycycline 100 mg**—Keep 50 on hand and take one 2 times daily for urinary and lung infections. This is the best antibiotic to take for almost any kind of infection from wound infections to Lyme disease.
- **Trimethoprim-Sulfamethoxazole 160 mg** — Keep 80 on hand and take one 2 times daily for 10 days for urinary infections.
- **Ivermectin 3 mg**—Keep 200 on hand for acute coronavirus infections. Take one for every 10 pounds of weight on day one and again on day three. For example, if you weigh 150 pounds, take  $(150/10) \times 2 =$  ten tablets. For parasitic infections of the intestinal tract, take .5mg/pound once and repeat if needed.
- **Lomotil**—Keep 100 on hand and take 2, 4 times per day for diarrhea.
- **Compazine suppository 25 mg**—Keep 30 on hand and take one every 6 hours for nausea and vomiting.
- **Fluconazole 150 mg**—Keep 20 on hand and take one daily for 3 days for vaginal yeast. Take 1 per day for 7-14 days to treat yeast infections of the throat or mouth (thrush) or intestinal infections.
- Be sure to have a six-month supply of any medications that you are already on, for example, insulin or heart or blood pressure medications.

One last note. As I have reported before, the U.S. government published a study several years ago that looked at the accuracy of expiration dates on both supplements and medications.

They found that virtually every medication they tested was still effective up to 10 years after the expiration date. How can that be? It's because the expiration dates are completely arbitrary. They are not based on actually knowing when a substance ceases to be effective.

So, don't throw out those old medications simply based on their expiration date. ■

## LETTERS

**Q. I read your wonderful book on ozone cover to cover and called Southern Star Scientific to order a sauna. But they do not have steam saunas. Can I use another type of sauna, such as infra-red?** —Ben M., via email

Dear Ben,

That is unfortunate. Try this. Go online and get a Durasage Oversized Portable Personal Steam Sauna. Then get an ozone generator with oxygen concentrator from Southern Star. Then you will have to figure out how to best get the ozone gas into the sauna. Then using a starter timer on the generator, set the timer to go on for 10 minutes after you are in the sauna for 8 minutes. It is a good idea to place a fan behind your head while in the sauna to prevent you from breathing all but a little ozone while in there. I have never tried this, but it should work.

**Q. I was recently diagnosed with vascular dementia (genetic). I have been taking Mementine (now at 21 mg daily HCL ER and Carvedilol 3.125 mg twice daily). I also take several of your supplements and other vitamins. Since I want to arrest this brain deterioration now, what would you advise me to do next? Should I be taking metformin? I am very anxious to stabilize my condition.** —Helen B., via email

Dear Helen,

Dementia never has only one cause. So, while your brain scan shows vascular problems, there are certainly other issues at play. All these issues need to be addressed. Find a practitioner who can give you CheZone therapy ([www.oxygenhealingtherapies.com](http://www.oxygenhealingtherapies.com)) and get 20 weekly treatments followed by continuous monthly treatments. That will take care of the vascular part.

Next, go on a ketogenic diet ([www.bozmd.com](http://www.bozmd.com)) for a couple of weeks to see if that reverses your cognitive problems. If it does, stay on that diet. If not, forget it.

Next, consult with a practitioner versed in the Bredesen protocol as described in *The End of Alzheimer's* by Dale Bredesen. This involves testing for the various systems that affect cognitive function and correcting any abnormalities.

If these measures are not enough, work with a practitioner versed in peptides for cognitive health, intravenous NAD+, intravenous phosphatidyl choline, and systemic stem cell therapy.

Jump on all of this right away, because once you lose some brain function it becomes very hard to get it back.

**Q. Do you have any recommendations for increasing a low heart ejection fraction?** —Janet A., via email

Dear Janet,

I am so glad you brought this point up. There are so many things that can be done for a low ejection fraction besides drugs. First of all, take Hawthorne extract (1,200 mg, twice daily).

To that add nutrients that will support healthy mitochondrial  
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## HEALTH NOTES ... continued

diagnosed. That would have given those patients a much better chance at surviving their cancers than waiting until the cancers became obvious.

The researchers estimated that if the men and women had only had a Galleri test before their cancers were discovered, they would have survived an average of 30% longer.

The Galleri test screens for 51 different cancers that would otherwise go unnoticed, including the deadliest varieties. If a cancer signal is detected, the Galleri results can determine where the cancer is with 88% accuracy. That allows doctors to do all the right blood and imaging tests to hopefully treat the cancer before it becomes a problem.

Since the most aggressive cancers are the ones that need to be discovered early, it makes all the sense in the world to have the test once a year. Data estimations suggest that annual Galleri screening will intercept the greatest number of early-stage cancers. Ask your doctor to give you an annual screening. ■

Patel AV, Clarke CA, et al. Preclinical Circulating Tumor DNA (ctDNA) Shedding Duration and Prognostic Implications of Modeling 3669 Participants From American Cancer Society Cancer Prevention Study-3 (CPS-3) and Circulating Cell-Free Genome Atlas Substudy 3 (CCGA3)

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

- American Academy of Ozonotherapy — [aaot.us](http://aaot.us)
- American Board of Clinical Metal Toxicology —  
For a free list, [www.abcmmt.org](http://www.abcmmt.org).
- International College of Integrative Medicine —  
[www.icimed.com](http://www.icimed.com)
- American College for Advancement in Medicine —  
800-532-3688 or [www.acam.org](http://www.acam.org)

## LETTERS

**Do You Have a Question for Dr. Shallenberger?**

This page is your opportunity. Each month, Dr. Shallenberger tries to answer as many of your questions about health and medicine as he can. It's impossible for him to answer letters personally. And he obviously can't make a diagnosis or prescribe a treatment in these pages—or by mail or email. But if you have a question, please email it to [feedback@secondopinionnewsletter.com](mailto:feedback@secondopinionnewsletter.com) or mail it to:

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function. That means d-ribose (4000 mg/day), CoQ10 (300 mg/day), l-carnitine (1500 mg/day), B-vitamins (100 mg/day), alpha-lipoic acid (600 mg/day), and Magnesium (300 mg/day).

Lastly, find a practitioner at [www.aaot.us](http://www.aaot.us) who can give you MAH ozone therapy followed by a Myer's IV with 2,000 mg of l-taurine once a week. In most cases, this will normalize the ejection fraction in three months.

**Q. Do you have any suggestions on how to lower creatinine levels? I recently had blood work, and in the last three months, my creatinine levels have risen from 1.4 in March to 1.5 in April, and just recently, in early May, the level was 1.8. I was diagnosed 2 years ago with Atrial Fibrillation. I took Cardioverdion, and my heart rate became normal again. My cardiologist put me on Amiodarone to maintain my sinus rhythm, Entresto, Eliquis, and Metropolol. I notified him about the recent rise in creatinine levels, and he recommended I cut my Entresto prescription in half. I currently take 49-51 mg. Do you have any suggestions, recommendations, or knowledge**

**of any medication or treatment that would reduce my creatinine levels to normal?** — *Dorothy R., via email*

Dear Dorothy,

Entresto is a drug used to treat the congestive heart failure that can result from atrial fibrillation. Your increasing creatinine levels indicate that something is damaging your kidneys. Your doctor is right on, because Entresto is known to do that. Other drugs that can damage kidneys are metformin, statin drugs, certain antibiotics, diuretics, NSAID drugs like ibuprofen, PPI drugs used to treat ulcers and heartburn, and laxatives. I suggest you stop the Entresto completely and find an integrative doctor who can give you the treatments I just recommended to Janet. I have yet to find a patient with congestive heart failure who does not respond well to that protocol.

**Q. I hope you can help me. I have taken vitamin D for many years. I'm 78, and my level was always 78 while taking 10,000 IU. My last two levels, taken 6 months apart, were 51 and 54. My alternative doctor put me on Betaine and says I'm not absorbing it well. He didn't offer anything to help or guide me. I'm really concerned—it has never been that low. What should I do?** — *Traci G., via email*

Dear Traci,

Vitamin D is a fat-soluble vitamin, so your doctor is right to suspect that you may have a digestive issue preventing you from optimally absorbing it. If you have started taking any medications, check that they are not the cause. That list includes laxatives, steroids, cholesterol-lowering drugs, seizure drugs, TB drugs, and weight loss drugs. Another possibility is that perhaps you are getting less sunlight than in the past. Of course, you can always just increase the dose,

but the truth is that your current vitamin D levels are still optimum. As long as they don't drop below 50, you're fine.

**Q. Does *Ultimate Bone Support* have any “hormone balancing” effects? I have hypothyroidism, but I don't take medication for it, and I'm wondering if *Ultimate Bone Support* will do anything to remedy my condition or make it worse.** — *Alice H., via email*

Dear Alice,

*Ultimate Bone Support* is a great formula that I use along with vitamin D, hormone replacement, and exercise in all my patients with osteoporosis. It does not affect any hormone levels. Regarding your low thyroid function, most people over the age of 40 with that problem need to take natural desiccated thyroid to correct it. Under the age of 40, selenium, zinc, and iodine, along with avoiding fluoride and silver dental fillings, might do the job.

**Q. I am 86, and I have tremors in my lips and hands. I take o/c Tremadone, which helps some. I also take vitamin B and magnesium. Are there any other vitamins or products I could take to help? A neurosurgeon gave me a prescription for seizures, but the side effects would affect my quality of life—no driving, etc.** — *Janet M., via email*

Dear Janet,

This is a difficult problem to correct in a woman your age. Try doing this for three months. Make sure you take enough vitamin D to get your levels over 50 ng/ml. Make sure that you take enough concentrated fish oil to get your omega 6/3 ratio less than 6. And finally, get Source Naturals Mucuna Dopa 100 mg capsules online and take 1–2, three times daily.