



Dr. Robert Jay Rowen's

# SECOND OPINION

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## HEALTH NOTES

### ***Is Diabetes a Genetic Abnormality?***

If you have type-2 diabetes, you probably know that you have increased risk of vascular disease. The reason, according to new research, is a change that occurs in fat cells. This change may be responsible for the accelerated inflammation in the disorder. But there's something the researchers don't tell you.

The researchers started with a known gene in our DNA for the protein kinase C. Under normal circumstances, this protein keeps inflammation in balance. But obesity changes the activity of kinase C. It causes it to induce fat cells to secrete more interleukin-6. The latter overwhelms the liver causing insulin resistance and excessive inflammation.

Visceral (abdominal) fat is one of your body's worst enemies. It takes on a life of its own and creates a vicious cycle. When you gain weight, it promotes insulin resistance, which promotes more weight gain.

The researchers, of course, would love to see a drug that stops this change in the kinase C protein or suppress the excessive interleukin-6 production. But the researchers won't tell you that you don't need drugs to stop this process.

There's only one safe and effective way that I know of to fix your diabetes problem. The answer is to turn off the pro-inflammatory changes in your fat cells. You were NOT born with diabetes genes. This research shows how your lifestyle alters your gene activity. But you can "re-alter" or restore your gene activity to normal. I'll show you how in the next Health Note.

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## ***Unique Plant From Thailand Stops Hot Flashes, Bone Loss, and Slows Aging***

When most of us think about hormone replacement, we think of HRT — the synthetic drugs Big Pharma pushes on postmenopausal women. Or we think of bio-identical hormone replacement, which can be very effective. However, there's another form of hormone replacement that's easier, cheaper, and possibly more effective.

What's more, it could be just as effective for men as it is for women.

We tend to think of estrogen as a female hormone. It is, only to the extent that the fairer sex has lots more of it. That extra estrogen kick gives women their wondrous curves and helps control menses. But estrogen receptors and function are not limited to female organs. A newly discovered type of estrogen receptor abounds in men's and women's heart, brain, prostate (in men), vascular system, and more. And most amazingly, estrogen may help slow the aging process in both sexes.

As great as that news is, you may not need to take estrogen replacement drugs or hormones to get these benefits. You already know that estrogen levels drop after menopause. And men show lower levels as they age as well. So modern medicine thinks you need to take drugs to solve this problem. However, there's a plant from northern Thailand that has all the benefits of estrogen without any of the known risks. In fact, the area of Thailand where this plant comes from has almost no cases of breast or prostate cancer. These people rarely suffer from osteoporosis. And difficulties associated with menopause and andropause are just not around.

## HEALTH NOTES ... continued

Ref: *HealthDay News*, July 6, 2010.

### **Is Alzheimer's Really a New Type of Diabetes?**

Diabetes is a huge problem in the U.S. So is Alzheimer's disease. What if these two problems are related? New information says that might be the case.

As you may know, insulin resistance is the first step in developing type-2 diabetes. The main cause for insulin resistance is a high-fat diet. A dietary guru taught me years ago that fat tends to block insulin activity at the cell membrane, causing insulin resistance. Researchers at Mount Sinai School of Medicine have linked this fact with a novel insulin metabolic effect in the brain.

These researchers injected tiny amounts of insulin into the brains of rats. Then they measured the effect on glucose and lipid metabolism in the whole body. They found that the brain insulin suppresses lipolysis. This is the process that breaks down fat in triglycerides and releases fatty acids.

This is important news. Fatty acids are an important energy source. However, they can worsen diabetes, especially when present during and after a meal. That's because they impair the activity of insulin.

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But before I tell you about this plant, I need to tell you about these newly discovered estrogen receptors.

As you may know, hormones do their trick through receptors in cells. Receptors are like a switch. They control the DNA or other cellular functions. Unlike insulin, which is a large molecule and must activate its receptor on the surface of its target cells, estrogen (like testosterone) is a small molecule. It directly enters your cells and goes right into the nucleus to control DNA activity. There are at least 150 proteins in your body that could have estrogen-binding activity. These can alter DNA expression.

Recent science has found at least two types of estrogen receptors: alpha and beta. These have different functions. Though a hormone may have one structure, it may cause different effects in different organs, depending on the nature of the receptor for it.

In the case of estrogen, the alpha receptor (ERa) affects "classical" estrogen driven tissues like endometrium (uterus), breast, ovarian stroma cells, and the hypothalamus in your brain (which controls ovarian estrogen production). ERa is abundant in breast cancer cells. In males, ERa is in the lining cells of ducts that connect the testes to the vas deferens.

On the other hand, the newly discovered estrogen receptor beta (ERb) is in "non-classical" tissues. ERb receptors are in kidney, brain, bone, heart, lungs, intestinal mucosa, and endothelial (vascular lining) cells in both sexes. And men have them in prostate cells.

So how do these receptors interact with hormones? A molecule might bind the receptor and activate it. Another molecule might bind the receptor and inhibit or block its function. Or, it could block access to the receptor. Phyto-estrogens (from plants) can inhibit the alpha-receptor and/or inhibit access of the more stimulating ovarian estrogens to the receptor. And still another molecule could inhibit one receptor (alpha) and activate another (the beta). Such is the case with most phytoestrogens.

Receptors go a long way toward governing the function of organs. The alpha-receptor affects breast, uterine, or ovarian tissues. "Normal" stimulation leads to normal cell growth. Girls get breast development and uterine menses when estrogen flows at puberty. However, overstimulation can lead to excess cell growth in these organs. Over time, excess stimulation can cause cancerous degen-

eration. We've experienced that with the tragedy of horse urine estrogen (Premarin) HRT inducing lots of breast cancer in humans.

The effects of the non-classical beta estrogen receptors have generated intense research. Beta estrogen receptor stimulation in your bones affects calcium deposition (stronger bones). That's why osteoporosis accelerates when estrogen wanes in menopause. In your arteries, ERb stimulation increases nitric oxide production, which dilates your blood vessels.

Incredible new research has demonstrated a lot of ERb in your brain. There, estrogen stimulation protects against neuronal cell death from excitotoxins. The latter are chemicals often either ingested (like MSG) or naturally made in our brains. Too much can kill neurons. Estrogen significantly stimulates connections (synapses) between neurons, enhancing their communication. That's essential for memory, cognitive function, and brain preservation. Researchers are now actively studying ERb to ward off neurological aging and Alzheimer's.

As we age, it appears we need less ERa activity and more ERb. And, that includes men as well as women.

In women, your main ovarian estrogen, estradiol, binds equally well to both receptors, and activates them. Estrone, a very active natural estrogen and one associated with higher cancer risk than even estradiol, preferentially binds and activates ERa. That makes sense from the above summary.

What about phytoestrogens from plants? You've heard lots about the phytoestrogens (isoflavones) found in soy. These molecules preferentially bind and activate ERb. Additionally, they may bind to and inhibit ERa, or block the more stimulating ovarian estrogens from access to the receptor. In the case of cancer, the latter is why phytoestrogens lower your risk of breast cancer. Phytoestrogens reduce/block the stimulating effects of ovarian estrogen on ERa in cancer-sensitive classical organs (breast, uterus, ovaries). So, they can help prevent breast cancer. There are plenty of studies supporting this.

So in Pharmaland, the rush is on to find patentable synthetic petrochemical estrogen-like molecules that inhibit or don't activate the alpha-receptor while activating the beta. Remember, anything NOT made by God is likely to have toxicity!

One such petrochemical is the drug Tamoxifen,

## HEALTH NOTES ... continued

(Another reason to NEVER eat fried foods and as little heated fat/oil as you can.)

Previously, researchers believed that insulin affected lipolysis solely through fat storage cells. This study shows that's not the only effect. This is a startling finding, as your brain, through the sympathetic nervous system, also directs lipolysis. When you impair brain insulin function, your brain can't suppress lipolysis. The breakdown of fats continues to add fuel to the fire of insulin resistance in a worsening spiral.

The scientists want to find ways (chemical) to break this vicious cycle and stop the brain from allowing continuing lipolysis. But you don't need a drug to do this. All you have to do is keep your fat intake to a minimum. I recommend eating a diet that contains only 10-30% fat. With such low fat, there will be far less fatty acids released, which results in far less interference on your insulin function. Better yet: keep the fat unheated and unprocessed.

Back in 2009, I suggested that many cases of Alzheimer's might be a form of diabetes (type-3). This study further confirms the Alzheimer's and diabetes connection. What's more, you can cure your diabetes, and in many cases reverse Alzheimer's, with the same low-fat diet. It happens every day in my office. When my patients successfully implement the strategies outlined in the Gabriel Cousens MD book *There Is a Cure for Diabetes* (available at Amazon) they see firsthand how well it works.

Ref: Mount Sinai website, February 16, 2011.

## **Lower Your Blood Pressure With an Ancient Symbol for Peace**

If you take blood pressure medication, there's new evidence that an extract from an ancient tree could help.

According to a new study, the leaf of the olive tree can lower your blood pressure as effectively as the drug Captopril.

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As you may know, the olive branch is an ancient symbol for peace. But this study shows that it has medicinal uses as well.

In the study, researchers gave the participants either an extract of the olive leaf or 12.5 mg of Captopril twice daily. In some cases, when needed, they increased the Captopril to 25 mg twice daily.

Both groups saw their systolic and diastolic blood pressure go down equally after eight weeks. However, the olive leaf group also had a significant reduction in triglycerides. The group taking the drug didn't experience any change in their triglycerides.

I'm sure you didn't hear about this study in the news. You won't see TV ads prompting you to ask your white-coat hero about olive leaf. I really like this study. The FDA should require drug companies to test their petrochemicals against natural treatments, not just against a sugar pill.

Historically, people have used olive leaf for antimicrobial and antioxidant properties. Captopril is in the ACE inhibiting class of drugs. Millions of people worldwide take these drugs. It's nice to see a safe and health-enhancing alternative!

One note of caution: If you're taking Captopril or any blood pressure medication, don't just stop taking it. This can be very dangerous. Make sure you work with an integrative doctor to gradually wean you off of these drugs and switch you to natural alternatives.

Ref: *Phytomedicine*. 2011 February 15;18(4):251-8.

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For a complete listing of Dr. Rowen's recommended dietary supplements and nutraceuticals, please go to:

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

Or call toll free 800-791-3395  
24 hours a day, 7 days a week.

which doctors use to treat breast cancer. Tamoxifen is a two-edged sword. It definitely blocks the alpha-receptors in the breast. That slows the growth of estrogen-driven breast cancers. But, it acts as an activator of potentially carcinogenic estrogen receptors in the uterus. So long-term Tamoxifen use to prevent breast cancer recurrence increases your risk of primary uterine cancer.

I certainly don't recommend Tamoxifen for preventing breast-cancer recurrence. Instead, I've found something that works even better than Tamoxifen. And better yet, it's effective, totally safe, and inexpensive. It's the herb I mentioned earlier from northern Thailand.

Early research is demonstrating powerful and totally safe effects from the root of the Thai plant *Pueraria Mirifica* (PM). The locals eat the root in their salads. As I said earlier, these folks are largely devoid of hormone-related degenerative diseases, including breast and prostate cancer. Osteoporosis is rare as well. It turns out that this plant is loaded with the phytoestrogen miroestrol. This molecule is astoundingly similar to estriol, the ovarian estrogen that is the key in bio-identical hormone replacement. Estriol preferentially activates the beta-receptors. So does miroestrol.

I love this anecdotal evidence. But let's look at some research on its uses. Extracts of PM dramatically inhibit the stimulating estrogen receptors on breast cancer cell lines. In fact, they can kill breast cancer cells. At the same time, it stimulates breast gland fibroblasts, the cells that create breast mass (size). This can explain why PM has been used as a secret in Thailand for decades for women to grow larger breasts without risk. Thai studies have compared PM extract activity on menopausal symptoms (like hot flashes) to horse urine estrogens (like Premarin). The two were similarly effective! British researchers in 1960 found that they could effectively replace horse estrogens and even human estrogens with miroestrol.

Another Thai study found that PM at doses of 20, 30, and 50 mg daily for just 24 weeks lowered the enzyme bone-source alkaline phosphatase. Why is this so exciting? Osteoporosis causes this enzyme to elevate. The findings mean that PM reduces bone turnover. Better, the researchers found no stimulation of endometrial cells (on actual uterine biopsy). And, still better, they didn't find any dangerous breast changes.

What about the safety of PM? Researchers in

Thailand gave animals extremely high doses of PM (2,200 times the normal human dose). They didn't find any untoward effects. Specifically, they didn't find any toxic-type (cell proliferating) estrogen effects.

The good news isn't just for women. It turns out that ERb exists in the prostate. One study in the journal *Molecular Cancer Therapy* shows how plant estrogens activate the receptors and suppress tumors. PM specifically activates beta-receptors. In fact, miroestrol is about 3,000 times more active on these beneficial receptors than the phytoestrogens in soy.

What about bio-identical hormone replacement therapy (BHRT)? While it does have its uses (unlike traditional HRT), any hormone therapy carries risk. Why not use foods and supplements that help the body adjust hormones naturally and use hormone therapy only when absolutely necessary? With PM, you don't need most forms of BHRT. You have a wonderful alternative.

You can order PM in a formulation for both women and men called HRT Plus from Longevity Plus (800-580-7587) at [www.longevityplus.com](http://www.longevityplus.com).

Beyond its use for female hormone issues, I'm very interested in PM for prostate health. We know that isoflavone phytoestrogens of the soy variety are associated with less prostate cancer. So it could help the prostate better than soy. PM is far more potent as a beta estrogen stimulator than the isoflavones in soy. A PM product is on the market just for male sexual health. It's called 112°, and is available from [www.112degrees.com](http://www.112degrees.com) (800-901-5526).

Ref: *Mol Cancer Ther.* 2007 October;6(10):2626-33. Epub 2007 October 3.

## ***The Study on Mammograms That Shocked the Medical Community***

Twenty years ago, I told my patients not to get mammograms. As soon as I started writing *Second Opinion*, I told you as well. Lots of folks thought I was nuts. But a new study completely validates everything I said.

A new study has evaluated mammography in light of new breast cancer treatments. The addition of mammograms supposedly reduced the death rate by 10%. Sounds pretty good, doesn't it?

### **HEALTH NOTES ... continued**

#### ***More Reasons to Enjoy Moderate Sun Exposure***

Do you wear sunglasses and do everything you can to avoid the sun? If so, you may want to reconsider avoiding the sun. Your body and your eyes actually need regular sunlight. In fact, the artificial lights in your house may do more harm than the sun.

Sunglasses came into fashion years ago when a study on rats said UV light damaged their retina. The study, however, was horrible. In that study, the researchers anesthetized the animals, propped their eyes open, and beamed huge amounts of UV light directly into their eyes. It wasn't anything like our everyday exposure. Yes, these animals got retinal damage, just like your skin would burn if you pulled a stunt like that.

However, more recent studies have found that your retinal cells need low level UV light exposure to divide and regenerate. Perhaps it's staying indoors that's a contributing factor to macular degeneration. Just don't look directly into the sun.

Dr. John Ott wrote a compelling book on this subject entitled *Light Radiation and You: How to Stay Healthy*. He writes that we adapted to the full range of solar radiation. We need it! Research suggests that we shouldn't fear everyday sunlight. The radiation from fluorescent bulbs is likely far more dangerous.

Full spectrum light stimulates father rats to be more nurturing to their offspring! Remove the full spectrum and they became more aggressive. Low level UV light improves hyperactivity in children, muscle strength in athletes, work output in employees, reduces calcification of the heart in animals, and may reduce the development of cancer.

So reduce or eliminate your use of and exposure to fluorescent lights. Consider Dr. Ott's suggestion of full-spectrum lights. A good choice is Chromalux. Their bulbs are available online and also from

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