

The Downing Clinic Newsletter - Winter 2008

New Location: 5715 Bella Rose Blvd. Suite 100 Clarkston, MI 48348

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Acupuncture ☞ Massage ☞ Electrodermal Screening ☞ Reiki ☞ IV Therapy ☞ Reflexology
☞ Counseling & Hypnosis ☞ Quality Vitamins & Herbs ☞ Natural Cosmetics ☞ Homeopathic Remedies

One Year Anniversary

It's hard to believe but we've been in our beautiful new office for a year! We moved in Oct 6th 2007. Our new location is 2 miles north of our previous location, directly across the road from the entrance to DTE Theater in The Powers Professional Park, on Bella Rose Blvd.



We love our new office. There is more space and more light, with a view of grass and trees from all of the windows. Feng Shui design of the office allows a good flow of energy and a sense of peace. We are very happy with our new location.

Continuing Medical Education: Alternative Oncology

Dr. Kovalcik and Dr. Downing attended an American College for Advancement in Medicine conference in October entitled "Frontiers of Integrative Oncology". Many leaders of integrative medicine spoke or were members of the audience, including Jonathan Wright MD and Julian Whitaker, MD. Lectures were given by Joseph Mercola, DO, Ralph Moss PhD, S.R. Burzynski MD, PhD and many others. Topics addressed different aspects of cancer, most importantly how to prevent it.

Cancer

Cancer is defined as the uncontrolled and disorderly multiplication of abnormal cells that form a malignant tumor. Cancer grows

out of control and destroys life by invading essential organs to the point that they can no longer function.

New cells come from preexisting cells by a process called cell division. Each cell contains an exact copy of the cell's genetic material in chromosomes; chromosomes are programmed to tell the cell how to function. Chromosomes are made of genes and there are an estimated 50,000 genes in each cell.

Science has identified the human genome, which is the complete set of genes we all have. There are about 20 genes that have been found to have the potential to cause a cancerous tumor. These are called proto-oncogenes, and are found in all normal cells. In normal cells these genes are suppressed and not functioning. The question is what turns them on?

The National Cancer Institute (NCI) says that many cancers can be prevented by making changes in our lifestyle, as follows:

- **Stop Smoking** and avoid second-hand smoke. The NCI estimates that 30% of all cancer deaths are directly caused by smoking. It is the primary cause of lung and laryngeal cancer, a major cause of oral and esophageal cancer and contributes to the development of bladder, kidney, and pancreatic cancer.
- **Reduce Stress.** James LaValle M.D. discussed the relationship between stress and cancer. All of us live



with stress and this leads to adrenal fatigue and abnormal cortisol levels. Elevated cortisol is associated with inflammation and acid metabolism, and both play a role in certain cancers. Abnormal cortisol levels are also associated with insomnia, elevated blood sugar, and insulin resistance that can eventually lead to cancer. TDC can measure cortisol levels.

- **Get Enough Sleep.** Most people need 8-9 hrs of sleep per night. Studies have shown that with less than this, subjects experienced increased hunger, increased carb cravings especially for sweet, salty and starchy high-calorie snacks. This causes weight gain that is extremely hard to lose, regardless of diet and exercise. There is a direct relationship between not enough sleep and being overweight or obese. Melatonin is a brain hormone that is secreted at night in the presence of darkness. Melatonin deficiency has long been related to increased incidence of cancer.
- **Lose Excess Weight.** Being overweight or obese elevates inflammatory processes. This can lead to insulin resistance and elevated blood sugar levels, the first step in getting Type II or adult-onset diabetes. This means that it takes more and more insulin to get your cells to take up blood sugar. When insulin no longer works, sugar stays in the blood and is not taken up and used by cells for energy. Sugar in the blood



remains high, and if abnormal cells are present this can cause cell proliferation and tumor formation. Blood sugar feeds cancer and

elevated insulin produced to handle the sugar is also associated with promoting cancer.

- **Diet.** Another factor in the prevention of turning on the onco-genes is food. Studies show that roughly 35% of all cancers are due to dietary imbalances. Since the early 1900s our American diet has included more and more meat, poultry, dairy products, refined sugar and sweeteners. We eat less and less whole grains, fresh fruits and vegetables and eggs. *“We like our over-processed chemical-saturated convenience foods. We have gotten lazy and no longer want to cook.”*

Suggestions to Improve Your Diet

1. Reduce intake of total fat and saturated fat

- Decrease intake of commercially processed fats (as in deep fried and breaded foods).
- Reduce fat intake by choosing leaner cuts of meat, removing the skin from poultry before cooking it, and learning to like chicken and fish unbreaded.
- Avoid high fat dairy products and rich pastries and other fat-laden sweets.
- Do not go to fast food restaurants. When you eat out, choose baked or broiled entrees without sauces or gravies, get salad dressings on the side. Choose non-creamy soups or a glass of tomato juice before a meal.
- Eat more fish, flax, pumpkin, soy, olive, canola and walnut oils which contain both omega 3 and omega 6 essential fatty acids. These are the “good” fats. They must be organic, cold-pressed unrefined types to contain all of the desired oils. Processing or overheating destroys the fragile essential oils.



2. Avoid smoked, grilled, processed and flame broiled meats.

When meats are cured they are preserved by adding nitrates or nitrites. Processed meats include bacon, ham, hot dogs, sausage, bologna and cold cuts. Nitrates are implicated in stomach, esophageal, colon and rectal cancers in particular. When meat is grilled over charcoal or gas, the fat drips onto the coals producing smoke that contains potent potential carcinogens which are then deposited on the meat.

3. Avoid Artificial Sweeteners

Artificial sweeteners are NutraSweet or Equal (aspartame), Splenda (sucralose), saccharin and Acesulfame potassium. These are some of the most dangerous chemicals you can put into your body. NutraSweet breaks down into brain toxins that can mimic other diseases such as lupus and MS and can make Alzheimer's disease progress faster. Data known prior to the release of aspartame onto the market linked the chemical to increased occurrence of brain tumors. The manufacture of Splenda replaces 3 hydrogen atoms with chlorine on the sugar molecule, so it is essentially chlorinated sugar. Chlorine is very toxic to the thyroid gland. Use of Splenda can damage the thyroid. Acesulfame potassium causes cancer in laboratory animals so it is important to avoid it. Saccharin is a cancer promoter.

Artificial sweeteners also cause carbohydrate cravings, these so-called "diet" foods and drinks actually make you hungrier, increasing calories intake. Almost all chewing gum contains aspartame and acesulfame potassium. Read labels: Know what you are eating and feeding your family!!

New natural sweeteners on the market may be used in moderation, including: Sweet Fiber (inulin which is good for the gut), Sweet Simplicity (erythritol plus fructose

which should be used sparingly), ZSweet (erythritol and fruit extracts), and Xylitol.

Of interest recently is the fact that the herb stevia, long known for its safety, is now being used by major soft drink manufacturers to sweeten soda pop. When stevia was first introduced into this country, it was banned and stevia cookbooks were actually burned. Now the herb has come full circle and is being embraced by commercial interests. Time will tell how this herb, sweeter than sugar, will be tolerated when ingested in large quantities by large numbers of people.

4. Exercise

Exercise is one of the things that we can do to help fight cancer. It helps keep weight down and helps produce brain chemicals called endorphins which elevate mood and decrease pain. Exercise doesn't have to be complicated; you don't have to go to the gym. Park a little further from the door when you go shopping, take the stairs up and down instead of the elevator, do leg lifts and arm lifts when watching TV. Walking, especially outside is a wonderful form of exercise. In bad weather walk in the mall, leave your wallet in the car! Water exercise is available at the Y, and at many health clubs in the area.



Leanna Standish ND, PhD, a Research Professor at Bastyr University instructs her patients to walk 45 minutes 7 days/week rain or shine.

5.) Supplements

Vitamin D3

There are a variety of supplements that can help to prevent cancer. Joseph Mercola DO spoke about the importance of Vitamin D3. He stated that it was shown in 1936 that

when skin cancer rates increase other cancers decrease. He estimates that if Vitamin D3 levels were optimal, 200,000 deaths in the US could be prevented. Vitamin D3 appears to be a potent antibiotic and anti-viral agent, helping to fight TB and influenza. More than 27 cancers seem to be Vitamin D3 sensitive.



Vitamin D3 is made in the skin when it is exposed to sunlight. Four UVB photons from sunlight combine with one molecule of cholesterol in the skin to make Vitamin D. The liver and kidney then convert it to the active form. Vitamin D3 inhibits cancer by increasing cell differentiation, increasing apoptosis (normal cell death), decreasing cell proliferation, decreasing invasiveness, decreasing metastatic potential, decreasing angiogenesis (the formation of new blood vessels that a cancer grows to feed itself), and decreasing inflammation.

With increased use of sunscreens and sun avoidance to prevent skin cancer we do not get much naturally-made Vitamin D3. There is little found in food, so the best way to be sure of getting enough Vitamin D3 is to take a supplement. The recommended dose is 1000-3000 IU per 100 lbs. body weight.



Enjoy That Cuppa

Green tea contains polyphenols that inhibit tumors; it is made with raw tea leaves as opposed to fermented tea leaves in most black teas. Black tea is the most common tea drunk in America. The active component in green tea is epigallocatechin gallate (EGCG for short) which attacks free radicals. Too many free radicals can encourage cancer growth. EGCG, 1650-1800 mg daily, increase the body's immunity to free radicals and may be able to help prevent tumors. EGCG may be taken as a supplement which is as helpful as the dose of green tea in 10 cups a day.

Hormone of Darkness

Melatonin is a naturally occurring brain hormone made by the pineal gland. It cycles in a circadian rhythm, highest in the middle of the night, lowest during the day. Melatonin is what helps us stay asleep. Many people experience waking in the wee hours of the morning, and are not able to fall back asleep. This leads to chronic insomnia and lack of sleep which are associated with higher cancer rates.

Melatonin is reduced in our brains by natural aging and by exposure to the blue spectrum of light. Blue light is found in TVs, computer monitors and artificial light. Do not have a TV in your bedroom; rather watch TV elsewhere before going to bed. Turn lighted clocks away from your face. Keep a night light in the bathroom to see by if you need to get up, since turning on the overhead light reduces melatonin. By reducing our exposure to these forms of blue light, especially a few hours before bedtime and by supplementing with melatonin we can increase our sleep time. Homeopathic melatonin drops are especially suited for taking during the night since a few drops will not cause morning drowsiness and will usually aid falling asleep again. Time release tablets are also available.

At the conference we attended, Lise Alschuler ND, a naturopathic oncologist, suggested up to 20-40 mg of melatonin may be needed for some people to obtain a good night's sleep but most often lesser doses are effective. If you have tried melatonin in the past without success you may not have used enough. You need to get to the REM stage of sleep, the dream stage, to be rested. You are supposed to dream. Vitamin B6, or PLP, pyridoxal-5-phosphate at bedtime may also help.

Melatonin is present in certain fruits and vegetables, most notably cherries and cherry juice. Trying cherry juice at bedtime may be helpful.

Alpha Lipoic Acid – Another Important Supplement

Alpha lipoic acid is a strong free radical scavenger which helps regenerate Vitamin C and E, CoQ10 and glutathione. Alpha lipoic acid helps to protect against nerve damage and liver damage. The dose for alpha lipoic acid is 300 mg 2 times a day.

Selenium



Selenium is a mineral and also an important antioxidant that can help scavenge free radicals. Selenium is deficient in the soil in Michigan, so it is important to supplement. It helps to regenerate Vitamin C and E, it helps energize the heart and helps repair DNA, your genetic material.

The dose is 200 mcg daily.

Coenzyme Q 10

CoQ10 (Ubiquinone) is essential in helping the mitochondria, the “energy factories”, in each of our cells to do their job. CoQ 10 is a potent antioxidant, which helps protect the heart. It can also help reduce the fatigue that accompanies cancer treatments like chemo and radiation. Statin drugs block normal production of CoQ 10 in cells leading to fatigue, muscle pain and weakness and even breakdown of muscle fibers in extreme cases. Be sure to take CoQ 10 if you take a statin drug. The recommended dose is 300 mg a day. Make sure to buy good quality CoQ10, since not all is equal.

There are many more supplements that can be helpful in individual cases, everybody is different. These include acetyl-L-carnitine, curcumin, L-glutamine, Vitamin B6, Vitamins E, C, A, B3, B12, K3, carotenes, glutathione, folic acid, ginkgo, milk thistle, fish oil, aloe vera, and iodine among others. As Charles Simone MD stated “Prevention

is the best way to treat cancer.” Doing what you can with lifestyle changes, dietary changes, exercise and appropriate supplement choices is the best defense against cancer.

Individual Target Gene Therapy for Cancer

In 1968, Stanislaw R. Burzynski, MD, PhD, discovered antineoplastons which are anti-tumor agents. These are naturally-occurring substances which appear in the urine of those who do not have cancer, but are absent in those with cancer. Synthetic antineoplastons are either protein fragments or derivatives, or carboxylic acids. Dr. Burzynski did his PhD thesis on antineoplastons. Dr. Burzynski’s story is told in a fascinating book, Burzynski Breakthrough.

He now treats cancer at Burzynski Clinic in Houston by first identifying genes involved in cancer in individual patients and then treating with agents that selectively kill cancer cells containing the abnormal genes. His treatments are individualized for each patient and he has had remarkable results, especially with brain, liver, and colon tumors. His treatments are called targeted gene therapy. Many patients he has successfully treated previously had failed standard radiation and chemotherapy. Dr. Burzynski’s lecture described cancer as being related to increased activity of oncogenes (genes that cause cancer), and decreased activity of tumor suppressor genes. Gene activity changes with aging and certain diseases, deficiencies or environmental exposures.

Cancer cells can be attacked different ways since the process of turning these genes on or off involves complex signals and growth factors. Most chemotherapy has a single target helping cancer cells to escape control of these agents.

At the ACAM conference, Dr. Burzynski received a well-deserved award for his research and persistence despite many setbacks.

Dr. Burzynski's skin care products, Aminocare cream and lotion slow down the signs of skin aging. Aminocare capsules also contain his amino acid derivative, which may have cancer preventative effects. These are available at TDC.

Intravenous Vitamin C as Cancer Therapy

Jeanne Drisko, MD is the Riordan Professor of Orthomolecular Medicine and director of the Program in Integrative Medicine at the University of Kansas Medical Center. Dr. Drisko reported the long history of IV Vitamin C in treating infections of all kinds, including bacteria resistant to antibiotics and the polio virus. She also reported its long history of safety when appropriate lab testing is done. Some trials of Vitamin C that failed used oral rather than IV Vitamin C, inappropriate forms of C, or too low a dose.

Vitamin C in low doses is a vitamin and a promoter of antioxidant activities in the body. Vitamin C is essential because humans have lost the ability to make it, while animals around us still make Vitamin C proportional to body weight. Extra C is needed during stress or when fighting infections. Linus Pauling, PhD took 18,000 mg or 18 G of Vitamin C every day. He was still lecturing at age 93. Oral doses of C cannot reach the high levels achieved with IV C.

Contrary to long-held understanding of how IV Vitamin C works, Dr. Drisko reported that in high doses, IV C works as a PRO-oxidant which produces hydrogen peroxide in the extracellular spaces. These high doses of IV C significantly reduced tumor growth rates in mouse models of cancer. The high-dose Vitamin C is selectively toxic to cancer cells while leaving normal cells unharmed. Dr. Drisko states that IV Vitamin C can be considered a pro-oxidative chemotherapy. Dr. Drisko is presently involved in cancer research using IV Vitamin C at U. of Kansas Medical Center. She works with oncologists there who refer patients to her. She reports that a common scenario there is to have

patients come for a Vitamin C IV and then go on to have their IV chemotherapy the same day. Results of her research are promising and she is to be lauded for her hard work and achievements.

Ralph Moss, PhD travels the globe looking for promising and effective treatments of cancer. His Web site entitled "Where to Go?" lists some of these. He reports that citizens of the USA are traveling to China or India to get treatments not allowed in this country.

Upcoming Classes

All classes require preregistration. Please check our website for more details.

Vicki Evans, Massage Therapist and Reiki Master will be offering classes in 2009 on Reiki, dog massage, essential oils, etc. Ear Candling class will be taught on January 21 from 5-6 pm. Cost: \$20.00. Preregister.

Nancy L. Boch, M.S. in Holistic Nutrition, lifestyle and weight loss management, will be offering a class titled "Not Your Usual Weight Loss Program." This program will teach participants techniques to change how they eat to lose weight. They will also learn how a healthy diet leads to wellness and a healthy weight range. You truly do become what you eat, think and live. Class starts Thursday, January 8 from 5:30 to 6:30 and runs through February 26. The fee for 8 sessions is \$110.

NEW Candida Class

Learn what to do to treat and prevent further instances of Candida. Selecting the right foods is critical and will be covered in this class. Taught by Ann Heusted, RN. on Tuesday, January 27 from 6-7:30 pm. Fee: \$25



Electromagnetic Fields

Electromagnetic fields are generated by computers, TV screens, power towers, hand

held games, music devices, cordless phones and most importantly cell phones. Today it seems that everybody has a cell phone or Bluetooth or Blackberry with them at all times.

In Canada the Department of Public Health has warned teenagers and children to limit the use of cell phones and hand held games to avoid potential health risks.

A recent Swedish study indicates that cell phone use can raise the risk of brain tumors. Among cancer patients a tenth of the patients with malignant brain tumors were heavy cell phone users. There was an especially significant risk of tumor on the side of the head where they used the cell phone. The study showed a 240% increased risk of malignant tumor on that side of the head.

Joseph Mercola, DO stated that he thinks we are on the brink of a brain cancer epidemic, due to a great extent by our exposure to EMFs.

Whether you think this is true or not you should protect yourself. Don't wear your cell phone or hand held device on you. Keep phone calls to 10 minutes or less. Protect your children by limiting their cell phone usage. Any kind of cancer is terrible, brain cancer especially so.

Actual cases: For Your Information

Jackie* had a lot of generalized joint pain. Her rheumatologist wanted to put her on Remicade. She was afraid of the side effects. She changed her diet, eliminating wheat and dairy. Very shortly most of her symptoms were much improved.



Ellen* had been drinking soda daily. She substituted water and herbal tea and 5 days later told me "I feel wonderful".

Lisa* had had acne on her face and upper back for years. She quit eating dairy and her acne slowly cleared up. As an experiment she ate a little cheese and immediately got acne on her chin again. She now states that her diet is "dairy free forever."

Pam* had been on Protonix for stomach upset for months. She was able to get off of this dangerous medication with things to help heal her gut: digestive enzymes, probiotics and a very beneficial, healing product for the gut called Endefen. Endefen is a powder which can be mixed with probiotics and water and drunk between meals. It can also be mixed with protein powders in the morning for breakfast.

Margaret* had skin and scalp problems for years. After much discussion and thought she had her amalgam fillings replaced. She was amazed at how fast her skin cleared up. She said she could feel the toxins leaving her body "from the top down."

Cathy* was complaining of stomach upset and low energy. She stopped drinking diet soda and stopped using Splenda and NutraSweet. Her stomach issues disappeared and she has more energy.

Rhonda* was having severe abdominal pain and nausea. She had recently traveled outside the US and picked up a parasite. This was found using Electrodermal Screening. She was treated appropriately and now she has no pain, no nausea and can go out with her friends and eat whatever she wants. "I feel great!!".

Jane* was diagnosed with "spondylitis". She was suffering from a lot of joint pain. She decreased her intake of wheat, stopped eating dairy products, stopped drinking diet coke and is now pain free.

*Not their real names.



