

Drug Company had Hit List for Doctors who criticized them

The international drug company Merck had a hit list of doctors who had to be "neutralized" or discredited because they had criticized the painkiller VIOXX, a now-withdrawn drug that the pharmaceutical giant produced.

Staff at the company emailed each other about the list of doctors. The email, which came out during a class-action suit against the drug company, included the words "neutralize", "neutralized" or "discredit" alongside some of the doctors' names.

The company is alleged to have used intimidation tactics against researchers, including dropping hints that the company would stop funding their institutions, and possibly even interfering with academic appointments.

"We may need to seek them out and destroy them where they live," a Merck employee wrote, according to an email excerpt read to the court.

Source: *Mercola.com*

Turmeric (Curcuma)

'Holy Powder' makes your cell membranes behave for better health

The marigold-coloured spice known as turmeric, which is revered in India as "holy powder," has been used for centuries to treat wounds, infections and other health problems. In recent years, there has been increasing research into turmeric's main ingredient, curcumin, and its astonishing array of antioxidant, anti-cancer, antibiotic, antiviral and other properties.

Now, researchers have discovered that curcumin acts by inserting itself into cell membranes and making them more orderly, a move that improves cells' resistance to infection and malignancy.

Scientists had previously speculated that curcumin does its health-promoting work by interacting directly with membrane proteins, but the new findings challenge that notion. Instead, curcumin appears to regulate the action of membrane proteins indirectly, by changing the physical properties of the membrane.

Sources: *EurekaAlert March 6, 2009*
Journal of the American Chemical Society March 3, 2009

Omega-6 Danger

Eating the wrong diet or taking Omega-6 supplements could raise your risk of Alzheimer's or other degenerative brain diseases. Scientists have found a link between Alzheimer's disease and raised levels of Omega-6 fatty acids.

Too much Omega-6 brings the ratio Omega-3 to Omega-6 out of balance. A healthy ratio would be Omega-3 to Omega-6 2:1, however, increased consumption of Omega-6 containing food has brought this balance to 1:25, i.e. 25-times more Omega-6 than Omega-3, which may lead to destruction of neurotransmitters in the brain and degenerative brain disease.

If the diet excludes fatty fish, supplementation of Omega-3 is vital. The best source of Omega-3 is fatty fish. Eating chicken (Omega-6) instead of fatty fish (Omega-3) may lead to dysfunction of the brain.

Omega-6 intake has risen because of increased consumption of poultry, cereals, sunflower oil, corn oil, canola oil, and soy products; all of these contain high levels of Omega-6. Taking extra Omega-6 supplements can be dangerous. Research has confirmed that excessive consumption of Omega-6 fatty acids can lead to Alzheimer's, asthma, blindness, heart disease and cancer.

Omega-3 fatty acids are one of the most important fats for brain health and may fend off Alzheimer's and other brain degenerative diseases.

Sources: *Daily Mail October 20, 2008, BBC News October 19, 2008, Nature Neuroscience November 2008. 11.1311-1318*

Best example are the Japanese people. They eat almost every day (starting with breakfast) fatty fish. Chicken is a rarity in their diet and Japanese people don't consume cereals. Sunflower oils and other vegetable oils are not being used.

Their Omega-3 levels are very high compared to very low Omega-6 levels. Besides hardly ever being overweight, Japanese people have superb brain function and enjoy a long healthy life. Degenerative brain diseases, like Alzheimer's, are virtually unknown in Japan.

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Butter

To most Butter colour is added, it appears yellow. This chemical, called 'Butter-Yellow' is toxic and there is evidence that it may lead to cancer of liver and bowel.

As more yellow butter appears as more you should avoid it. Butter is made from cream, and cream is of a light creamy colour, almost white.

As whiter butter is, as more natural it is without chemical colouring having been added.

In most European countries these butter colorants have been banned. If you buy butter from European countries (e.g. Denmark, Germany, Ireland, Switzerland), butter has a light creamy colour, almost white.

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PROZAC and other Antidepressants

Prozac is one of the huge money makers for the manufacturer.

German authorities have banned the sale of this highly addictive and dangerous drug. Studies confirmed that patients taking the drug had a fivefold higher suicide rate than those taking a placebo. The side effects mentioned by the manufacturer include agitation, manic symptoms, aggression, loss of impulse control and tendency to suicide.

The North Wales Department of Psychological Medicine has stated that probably 50,000 people have committed suicide on Prozac since its launch, over and above the number of people who tried.

The manufacturer (Eli Lilly & Co.) earns over US\$2 billion (R17 Billion) annually on Prozac.

The Food and Drug Administration (FDA) mandated a new warning label be added to antidepressants about a year ago. Now the agency issued a second and much stronger warning. The new warning is applicable to adults and children and must be stuck on all packets.

Labels have to be placed on all antidepressants, warning the users, that taking this medication could lead to even deeper depression and tendency to suicide.

Generic Antidepressants are not less dangerous in particular if they contain the following chemical compounds:

Bupropion, Citalopram (in CIPRAMIL, CIPRALEX, CILIFT and other CIPRA medications), Fluvoxamine, Mirtazapine, Nefazodone, Paroxetine, Sertraline (in ZOLOFT), Fluoxetine (in PROZAC), Escitalopram, Venlafaxine. These are the compounds/products, which may increase suicidal tendencies.

Well, once the patient has committed suicide, of course the depression is cured...

According to a report in the Journal of the American Medical Association (JAMA), Prozac and other Anti-Depressants cause sexual dysfunction in 75% of all patients who take these drugs. If these patients take cholesterol reducing drugs (statin drugs) or blood pressure lowering drugs, sexual dysfunction is a certainty – however, the clever pharmaceutical industry has invented Viagra, at least for the men.

Prozac and Viagra should come in a double-pack and the big pharma giants earn double!

HL

*Only two things are infinite:
The Universe and Human Stupidity.
And I am not so sure about the former.*

Albert Einstein

Artificial Sweeteners may increase your Weight

Artificial Sweeteners, like Aspartame (Canderel, Nutra Sweet, Equal etc.) may increase your weight. So what you try to achieve (weight loss) may turn into weight gain and many more disastrous side effects.

In our mouth there are thousands of receptors, which inform specific glands what type of food is coming. If you put something fatty into your mouth, these receptors instruct to the liver and gallbladder to release bile and send it into the digestive tract.

Same happens when you put something sweet into your mouth. This sweet taste relays a message to the pancreas that something sweet is coming down the pipe soon. So the pancreas starts making insulin and sends it into the blood stream. Your insulin level in the blood increases, which moves blood sugar (glucose) from your blood into cells. So your blood sugar decreases and you become hypoglycaemic.

First sign would be tiredness, lack of concentration and eventually, because your blood sugar is too low, you will get quite hungry. You might start nibbling and eventually eat; and you may eat more than you have planned.

Regular usage of artificial sweeteners deprives you of energy and increases your appetite. Instead of losing weight, you will put on weight. This refers as well to "Diet" drinks.

Research has confirmed that artificial sweeteners accumulate in the brain, i.e. the body cannot discharge these chemicals. They build up in the brain and since the introduction of aspartame (1981) the incidence of primary brain lymphoma has increased sharply. Aspartame is so dangerous, that two heaped teaspoons of this sweetener may be lethal (*Dr. Woodrow C. Monte, Pentagon Bio-Warfare List*).

Some clinical research has confirmed that artificial sweeteners, taken chronically, may lead to headaches, insomnia, memory loss, dizziness, depression, irritability, joint pain, neck pain, skin rashes, hypertension, diabetes, hair loss, menstrual irregularities, eye problems vertigo and hearing loss. Accumulation of these chemicals may lead to Parkinson's, brain tumours and Alzheimer's. Once accumulated in the brain, the body is unable to discharge artificial sweeteners.

If you see "Sugar Free" on a label, don't even think of buying it.

Sweeten with honey. Sugar has to be avoided or used as little as possible. In most Mediterranean countries people drink their coffee black, no sugar, no milk. Tea, add some honey and a slice of lemon, it's refreshing and healthy.

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All previous newsletters can be viewed at:
www.livingnetwork.co.za/dr_lotze

Non-addictive, Non-sedative, just Relaxing.
The Combination of Natural 5-HTP and Magnesium

BioConcepts

Griffonia

5-HTP 5-Hydroxy-Tryptophan

Contains: Griffonia simplicifolia seed extract 100mg
Magnesium Hydrogen Phosphate 400mg

**Anxiety, Insomnia, Irritability, Depression, Aggression,
Impatience, Restlessness, Mood Swings, High Stress Level,
Obsessive Behaviour, Fibromyalgia**

The seeds of the African Tree *Griffonia simplicifolia* provide 5-HTP (5-Hydroxy-Tryptophan), an essential amino acid. The human body converts 5-HTP into *Serotonin*.

In case of high stress levels and anxiety Adrenalin is elevated and *Serotonin* levels are low. *Serotonin* balances stress hormones and creates a relaxed state without being a sedative.

Low *Serotonin* levels in the brain contribute to the development of depression.

Elevated *Serotonin* levels improve mood and alleviate anxiety, insomnia and related symptoms.

Although many factors contribute to the symptoms of Fibromyalgia (Stiffness, Pain and Fatigue), several studies indicate that low *Serotonin* levels may play a significant role in this condition.

Griffonia reduces obsessive behaviour like food cravings, smoking and drug addiction.

plus

Magnesium Hydrogen Phosphate:

As our soil is Magnesium deficient, supplementation of this essential mineral is important.

Magnesium Hydrogen Phosphate is the most easily absorbed form of Magnesium and relaxes the autonomic nervous system. Blood vessels, as well as the heart, are muscle tissue and supplementation of Magnesium increases blood and oxygen supply. Magnesium relaxes muscle tissue and increases blood flow, elevating oxygen levels and therefore ensuring the elimination of toxic waste. It improves function of all organs. Relaxing blood vessels may help to reduce high blood pressure. The large intestine is a muscular organ, which Magnesium helps to relax. This ensures regular bowel movements and removal of waste.

Magnesium relaxes the nervous system. In combination with 5-HTP it helps with Anxiety, Restlessness, Irritability, Depression, Impatience, Insomnia and Fibromyalgia (increased oxygen supply to muscles)