



Dr. Frank Shallenberger's **SECOND OPINION**[®]

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HEALTH NOTES

The Real Cause – and Cure – of Schizophrenia

More than 50 years ago, Dr. Abram Hoffer was able to show that certain patients with schizophrenia could be cured with vitamin B3 (niacin) if treated early enough.

But, despite his remarkable publications, just as with all non-patentable therapies, this has been all but completely ignored in the psychiatric profession.

Now, a new meta study looking at the effects of B-vitamins on schizophrenia shows us that niacin isn't the only B-vitamin that can help these patients.

Schizophrenia is not all that uncommon. It's a disease that affects around 1% of the US population. And it's one of the most disabling and costly long-term conditions there is. It affects men and women and all races equally. The symptoms usually start between ages 16 and 30. Schizophrenia is rare after the age of 45.

Schizophrenia can cause hallucinations, delusions, disordered thinking and behavior, minimal emotional expression, agitation, phobias, decreased interest in activities, lack of motivation to do anything, and decreased speech output.

The conventional treatment of schizophrenia is based around the use of antipsychotic drugs. Although patients typically experience remission of hallucinations and delusions with the medications after only a few months of treatment, long-term outcomes are poor. About 80% relapse within five years.

Recently, researchers at the University of Manchester's Division of Psychology and Mental Health reported

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The Underlying Cause of Aging and Disease

Very few people I talk to know about one of the most important classes of molecules that causes aging and disease. We not only get these dangerous, organ and tissue destroying molecules in our food, our bodies also make them!

I'm talking about advanced glycation end-products. These molecules are often referred to as AGEs. I find that interesting, since they are responsible for many of the diseases and conditions that can happen as we age. Basically, AGEs cause disease and speed up aging. That's the bad news. The good news is that we can measure them, and we can reduce them very easily.

Our bodies make AGEs in a series of chemical reactions that attach sugars to the proteins, fats, and nucleic acids in our blood and tissues. The AGEs then bind to specific AGEs receptors on the cells in our various organs and tissues. The result is free radical damage and inflammation.

Unfortunately, this free radical activity and inflammation acts to further increase the number of AGEs receptors on the cells, only to further increase the negative effects of AGEs. It's a vicious cycle.

Endothelial cells are the cells that line our blood vessels. The endothelial cells make the nitric oxide that causes the arteries and capillaries to dilate and provide better circulation.

When AGEs bind to the receptors on the endothelial cells, they damage the cells and decrease their ability to make nitric oxide. Since nitric oxide is so critical for blood vessel function, that results in endothelial dysfunction, atherosclerosis, high blood pressure, and decreased circulation. All of these consequences are hallmarks of chronic disease and aging.

Since AGEs are made from sugar, it is easy to

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on a meta study that looked at all of the data from clinical trials of vitamin and mineral supplements for schizophrenia to date. They found 18 trials that looked at a combined total of 832 patients who were taking drugs for schizophrenia together with various doses of B-vitamins.

They found that patients who took B-vitamins did much better than those only getting taking drugs. And, what's more, they found that the results were better when the doctors gave them higher doses. As I've said before, anytime a study shows a dose responsive relationship like that, it confirms that the substance being tested is the actual cause of the improvement.

They also found what Dr. Hoffer saw years ago. The sooner the B-vitamins were added to the medications, the better the results were. And the results were varied. Some patients responded amazingly well while others had very little improvement.

Besides niacin, they found three other B-vitamins that were effective: B6, B12, and inositol. But in order for most patients to see any benefit, very high doses of the vitamins were often needed. And because treating schizophrenia is such a specialty, you should only attempt this therapy with a psychiatrist who is well versed in orthomolecular psychiatry.

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understand that they were first discovered in diabetics. The high level of blood sugar in diabetics results in excessively high levels of AGEs. It is the AGEs in diabetics that are primarily responsible for the blindness, cardiovascular disease, decreased circulation, cancer, kidney disease, cataracts, and peripheral neuropathy that is so common with that disease when the sugar levels are not controlled well. But, depending on diet, antioxidant status, and fitness levels, AGEs can also be high in people who do not have diabetes.

More than a dozen AGEs have been found in various tissues throughout the body. They have been discovered in the retinal blood vessel walls where they lead to retinal eye disease. They are in skin collagen, leading to wrinkles and rapid skin aging. In arteries they cause plaque formation.

According to one review article, AGEs have "been implicated as a major pathogenic [disease causing] process" not only in diabetes but also in kidney disease, retinal disease, cataracts, atherosclerosis, Alzheimer's, rheumatoid arthritis, osteoarthritis, fatty liver disease, Parkinson's, age related memory impairment, heart failure, and aging. The bottom line is, we should be taking AGEs seriously.

The formation of AGEs is not completely avoidable. By necessity, the body has proteins, fats, nucleic acids and blood sugar, so they're continuously formed at a slow but constant rate. Beginning from early embryonic development and accumulating with time, they are a natural result of everyday living. But while some AGEs formation is unavoidable, the excessive formation of AGEs leading to disease and premature aging is completely avoidable.

One of the major factors leading to excessive AGEs production is a lack of antioxidant enzymes. These are enzymes that are induced by aerobic exercise. The better your aerobic fitness levels are, the higher your levels of antioxidant enzymes and the fewer AGEs you will have. Aerobic exercise has also been shown to reduce AGEs receptors, making the AGEs you do have less able to bind to those receptors and do their damage.

Also, since our antioxidant enzymes require antioxidant nutrients for recycling, aerobic exercise needs to be combined with a diet high in antioxidant nutrients to be maximally effective. Antioxidant nutrients are primarily found in whole vegetables, grains, and fruits, especially berries. They are lacking in animal foods and all processed foods. One of the reasons I like to take a scoop

of my Super Immune QuickStart every day is that it is loaded with antioxidant nutrients.

Besides aerobic exercise, another way to increase the production of antioxidant enzymes and decrease AGEs is ozone therapy. That's one of the reasons why ozone therapy is so critical for many cases of diabetes and other age-related diseases.

Ever wonder why smokers have so many wrinkles and such poor skin quality? It's because smoking dramatically increases AGEs production.

Twin studies have shown that AGEs production is also determined to some extent by genetics. So, if you have a family history of premature aging, diabetes, or any of the other diseases associated with excess AGEs, you might be at a greater risk.

The number of AGEs we have in our body is not just determined by how many we make, it is also determined by how fast our cells can remove them. Many cells have developed detoxifying pathways that can stop AGEs from accumulating. The problem is that as we get older, these pathways become less effective.

One of the peptides in the body that is particularly important for detoxifying AGEs is glutathione. Our production of glutathione is dependent on our aerobic fitness level and our diet. Glutathione levels can also be increased by the amino acid n-acetyl cysteine (NAC). That's one of the reasons I put NAC in Super Immune QuickStart.

As I mentioned earlier, the AGEs your body makes are not the only source of AGEs. You also need to watch what you eat. Many of the foods that Americans eat are high in AGEs. Dietary AGEs are formed in foods due to cooking and processing. Dietary AGEs are just as damaging as the AGEs your body makes.

In humans dietary AGEs significantly increase concentrations of systemic inflammatory cytokines like TNF α , interleukin (IL)-6, and C-reactive protein. And, just like the AGEs your body produces, they can cause diabetes, kidney disease, and atherosclerosis. The more dietary AGEs you eat, the higher your blood levels of AGEs are and the more inflammation and oxidant stress you have. Additionally, just like the AGEs you make, dietary AGEs also increase the negative effects of AGEs by increasing the number of AGEs receptors on your cells.

A diet high in dietary AGEs shortens the lifespan in mice, while a diet low in dietary AGEs improves wound healing and other diabetes associated complications. In patients with diabetes and kidney failure, a diet low in

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That said, even with the high doses, there are no significant side effects from B-vitamin therapy. So, it can't hurt to give it a try. You can find psychiatrists trained in orthomolecular psychiatry and high dose B-vitamin therapy for schizophrenia at www.orthomolecular.org.

Firth J, Stubbs B, et al. The effects of vitamin and mineral supplementation on symptoms of schizophrenia: a systematic review and meta-analysis. *Psychological Medicine*, 2017 Jul;47(9):1515-1527.

When Natural Treatments Can Cause Problems

There is this myth out there that just because a substance is natural, it cannot cause problems. Whether it's an allergy or a toxic reaction, there will always be someone, somewhere who has a problem with a natural remedy that everyone else does well with. Here's a real life example.

Sherry is a very health conscious woman of 48 years who came in the other day. She told me that for the past several months her skin had become extremely sensitive to mild cold, mild heat, and light touch. On examination, she had no rash, and her skin looked perfectly normal. The rest of her examination was also normal. Was she a mental case? She was beginning to wonder.

So, I asked her what had changed in her life in the months leading up to the beginning of these symptoms. Nothing much had happened except one thing.

For years, she had been taking the herb St. John's wort. St. John's wort can be very effective for depression and nerve-related symptoms. It had always worked great for her. But in the months before the symptoms started, she had doubled up on the dose. Could St. John's wort have something to do with her strange symptoms? I started doing some research and found the following published case study.

The case study reported on a 40-year-old woman who was taking St. John's wort 500 mg twice a daily for depression. About 4 weeks later, she started having a

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tingling sensation in her hands whenever she washed them with cold water. After she stopped the St. John's wort, the symptoms went away in three weeks.

I also found another report on 12 patients who were taking St. John's wort along with the antibiotic Rifampin. They started on a dose of 300 mg three times daily and were doing OK until they doubled the dose. Once that happened, within 3-6 days, five of the six women developed the same skin sensitivity that my patient had. None of the men had the problem. In both of these cases and in my patient, the women had the symptoms in the areas of their bodies that were exposed to the sun. Apparently, this problem is exclusive to women and is triggered by sun exposure.

The name for these kind of symptoms is allodynia. Allodynia is a condition in which pain is caused by a stimulus like light touch or cold water that does not normally elicit pain. For example, bad sunburn can cause temporary allodynia because touching sunburned skin, or running water over it, can be painful.

The end of this story is happy. I told Sherry to stop the St. John's wort, and her symptoms were gone in weeks. While this wasn't a dangerous situation, it's a good reminder that even natural substances can cause problems in certain people.

Khalifa S. Photodynamic Sensory Neuropathy in a Patient Treated With St John's Wort. The Primary Care Companion for CNS Disorders, 20 Aug 2015, 17(4)

Hohmann N, Maus A, et al. St. John's wort treatment in women bears risks beyond pharmacokinetic drug interactions. Arch Toxicol. 2016 Apr;90(4):1013-5.

Can Diet Really Prevent Alzheimer's?

Does what we eat have a significant impact on how well our brains work? A recent 16-year-long study is showing not only that our diets determine to a large extent how well our brains will work as we get older, but also points to the healthy eating habits that can get us there. The

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dietary AGEs reduces blood AGEs levels, decreases inflammation, and improves kidney function.

Dietary AGEs are formed in foods when fat, protein, or nucleic acids are heated in the presence of sugars. They are especially high in cooked animal proteins because in addition to protein, animal foods also contain fat, nucleic acids, and sugars. Sugary foods, fast foods, highly processed foods, and prepackaged products also are high in dietary AGEs. That would particularly include cookies, pies, cakes, chips, etc. Additionally, glycotoxins are found in bakery products containing dairy or eggs.

Dr. Jaime Uribarri, MD is a professor of medicine and nephrology (kidney disease) at Mount Sinai School of Medicine in New York City. Dr. Uribarri has conducted extensive research on dietary AGEs and their effects in diabetes patients. According to the doctor, "We believe strongly that dietary restriction of AGEs is of tremendous importance."

According to one study published in the journal Diabetes Care, Dr. Uribarri found that dietary AGEs caused insulin resistance. In the study, men and women with diabetes who were following the recommended standard of care for diabetes were divided into two groups – either a high or a low dietary AGEs diet. The men and women on the low AGEs diet had significantly less insulin resistance.

In another study Uribarri found that patients with type-2 diabetes who ate a diet high in AGEs had increased blood levels of AGEs. When their AGEs intake was lowered, their insulin resistance decreased a whopping 40%!

Dr. Uribarri is sure that putting men and women with prediabetes on diets low in dietary AGEs will prevent them from getting diabetes. Similarly, putting diabetics on a low-dietary AGEs diet should prevent many of the complications seen in type-2 diabetes. He is currently studying this.

The most effective way to reduce your intake of foods high in dietary AGEs is to modify how you cook your foods. Higher cooking temperatures, longer cooking times, and dry heat create more AGEs. Dry cooking methods (frying, baking, broiling, grilling, roasting) produce up to 10-100 times more glycotoxins than boiling. French fried potatoes have an amazing 500 times more glycoproteins than boiled potatoes.

Foods cooked with moist heat, shorter cooking

times, lower temperatures, and acidic ingredients such as vinegar or lemon juice produce the least amount of AGEs. Foods cooked in a slow cooker are especially low..

Here are some other tips for decreasing the AGEs in your diet. Avoid sugar in general and especially sugary processed foods such as candy, cookies, cakes, soda, and pastries. Also avoid processed foods, especially packaged meats and cheese. Intermittent fasting, basically skipping meals, has also been shown to decrease blood AGEs levels.

How do you know if you have too many AGEs in your body? As I mentioned above, one of the best ways to determine how many AGEs you have is to look at the quality of your skin, since AGEs tend to particularly accumulate in the skin. Also, the number of AGEs in the skin turns out to be a very accurate indicator of how many AGEs are in the body.

Excessive wrinkles are a good indicator of excessive AGEs. But a much better way is to use a fluorescence detector on the skin. This technology can determine how many AGEs are in the skin because AGEs fluoresce.

The level of fluorescence indicates how many AGEs are present in the skin and thus in the body. The fluorescence measurement device I use in the clinic is called an AGE-Reader. It is made by DiagnOptics B.V. in The Netherlands.

Skin measurement of AGEs using fluorescence technology has been shown in three different studies to indicate the overall risk of many age-related problems, such as diseases of both small and large blood vessels, kidney disease, heart attacks, strokes, macular degeneration, all-cause mortality, and premature aging.

So, if you suspect you have excessive levels of AGEs because you have diabetes or are pre-diabetic or have excessive wrinkling, or if you have measured your skin AGEs and found them to be high, what can you do about it?

For two decades now Pharma has been trying to find drugs that can decrease AGEs. The problem is that all of the drugs developed so far are too toxic to consider. As the authors of one review article on AGEs put it, "Both synthetic compounds and natural products have been evaluated as inhibitors against the formation of AGEs.

However, considering toxic or side effects of the synthetic molecules present in clinical trials, natural products are more promising to be developed as potent AGEs

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study was about the MIND diet.

The MIND diet was pioneered by the late Martha Clare Morris, ScD, nutritional epidemiologist at the University in Chicago. She has been the principal Investigator of multiple studies looking at how diet affects the development of Alzheimer's disease and cognitive decline. This is the diet she developed:

Foods encouraged:

- Six or more servings of green, leafy vegetables per week. This includes kale, spinach, cooked greens, and salads.

- At least one serving per day of other vegetables in addition to the green leafy vegetables with an accent on non-starchy vegetables.

- At least two servings of berries (blueberries, raspberries, strawberries, blackberries) per week.

- Five servings or more of nuts per week.

- Olive oil should be the main cooking oil.

- At least three servings per day of whole grains, such as oatmeal, quinoa, brown rice, whole-wheat pasta, and 100% whole-wheat bread.

- At least one serving per week of fish, especially fatty fish like salmon, sardines, trout, tuna, and mackerel.

- At least four servings of beans per week. This includes all beans, lentils, and soybeans.

- At least two servings per week of chicken or turkey cooked without frying.

- One glass of either red or white wine per day.

Foods to avoid:

- Butter – Eat less than 1 TBS per day.

- Cheese – eat less than once a week.

- Red meat – eat no more than three servings per week. This includes all beef, pork, lamb, and products made from these meats.

- Fried food – the MIND diet highly

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discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.

- Pastries and sweets – eat no more than four times per week. This includes most of the processed junk food and desserts you can think of: ice cream, cookies, brownies, snack cakes, donuts, candy, and more.

To do the study, researchers monitored 569 older men and women for 16 years. None of them had any signs of dementia when they entered the study. Every year, the men and women completed a questionnaire about what foods they were eating and how often. The researchers then calculated a “MIND score” which indicated how closely they had adhered to the MIND diet.

During the 16 years, the researchers monitored them for dementia-related brain symptoms and overall cognitive health. Then, the researchers compared their brain function right before they died to how well they had followed the MIND diet. They also autopsied their brains to

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inhibitors.” With that in mind, let’s look at what natural products can be effective.

First of all, consider the obvious – antioxidant nutrients. This would include vitamins E, C, and beta-carotene, zinc, selenium, and also the amino acid I mentioned earlier, NAC. Additionally riboflavin, niacin, and vitamin B6 have all been shown to inhibit AGEs in various laboratory experiments. You can buy these separately or get them all at once by taking Super Immune QuickStart.

Pyridoxamine is a naturally occurring form of vitamin B6. Pyridoxamine is not only a potent antioxidant, but it also inhibits AGEs production. Studies have shown that it prevents diabetic kidney disease and decreases AGEs in the skin.

Despite the fact that pyridoxamine is so effective, in its infinite wisdom the FDA has decided that pyridoxamine is a drug and not a vitamin. And so it decided that only a Pharma company by the name of BioStratum could produce it. BioStratum then quickly buried it. So it is not available here in the US. Way to look out for us FDA! However, there is another way.

In the body, pyridoxamine breaks down to pyridoxal-5-phosphate (P5P). Studies show that P5P acts like pyridoxamine and also decreases AGEs. You can get P5P online. I would suggest a starting dose of 100 mg, twice daily.

Alpha-lipoic acid was able to reverse AGEs formation in rats due to its antioxidant action and its ability to recycle vitamin C, vitamin E, and glutathione. It also helps decrease AGEs formation by lowering blood sugar levels. A good daily dose would be 300 mg.

Green tea contains a potent nutrient called epigallocatechin-3-gallate (EGCG) that acts to decrease the negative effects of AGEs. Additionally, green tea, mate tea, and coffee all contain chlorogenic acid, which acts to lower AGEs formation. Two good reasons to regularly drink these herbs.

Many spices and herbs inhibit AGEs formation. These include ginger, cinnamon, cloves, marjoram, rosemary, and tarragon. Their protective effects are due to their phenolic content.

The naturally occurring flavonoids found in blueberries, luteolin, quercetin (300 mg per day) and especially the bioflavonoid rutin (500-1,000 mg per day) inhibit several stages of AGEs formation.

Carnosine is a naturally occurring dipeptide made

from the amino acids beta-alanine and histidine. It decreases atherosclerotic plaque build-up by reducing the formation of AGEs. A good source is Life Extension Super Carnosine. It also contains luteolin. Take 500-1,000 mg per day.

You can get all of the nutrients mentioned above online.

In conclusion, anyone interested in doing what it takes to live long and strong needs to be concerned about AGEs – both the kind we make and the ones we eat. If you have diabetes, a family history of diabetes, or have been told by your doctor that you are pre-diabetic, you need to be especially aware.

A good program to decrease the effect and formation of AGEs is to eat a diet low in AGEs and high in the nutrients I mentioned above that have been found to lower AGEs.

Additionally, take the right supplements and have an effective aerobic exercise program. If you can find a practitioner in your area who can measure the AGEs in your skin, that would be a great way to monitor how you are doing.

A poor man's way to assess the potential for excessive AGEs is the A1c blood test. This test is available at all laboratories. It measures a particular AGEs molecule called glycohemoglobin. A level below 5.3% tends to indicate low AGEs levels

REFS: Chen J, Waqas K, et al. The association between dietary and skin advanced glycation end products: the Rotterdam Study. *The American Journal of Clinical Nutrition*, Volume 112, Issue 1, July 2020, Pages 129–137.

Peng X, Ma J, et al. Naturally occurring inhibitors against the formation of advanced glycation end-products. *Food Funct.* 2011 Jun;2(6):289-301.

Uribarri J, Carillo M, et al. Dietary Advanced Glycation End Products and Their Role in Health and Disease. *Advanced Nutrition*. 2015 Jul; 6(4): 461–473.

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- American Board of Clinical Metal Toxicology — For a free list, www.abcmto.org.
- International College of Integrative Medicine — www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

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look for various anatomical changes, such as those commonly seen in Alzheimer's and other forms of dementia.

The results showed that in each of the men and women, the higher their MIND score was, the better overall cognitive function they had. And what is especially interesting is that these improvements held no matter what the autopsy showed. Even if the men and women had evidence at autopsy of brain deterioration, their cognitive function was always better just from adhering to the diet. It is pretty clear that what we eat has a significant effect on how well our brain works as we get older independent of what else may happen.

Dr. Klodian Dhana, MD, PhD, the lead author of the study, summed up the findings this way, "Diet changes can impact cognitive functioning and risk of dementia, for better or worse. There are fairly simple diet and lifestyle changes a person could make that may help to slow cognitive decline with aging and contribute to brain health. The MIND diet was associated with better cognitive functions independently of brain pathologies related to Alzheimer's disease, suggesting that diet may contribute to cognitive resilience, which ultimately indicates that it is never too late for dementia prevention."

This study reminds me of a statement that Adelle Davis made 50+ years ago. Some of us might remember Adelle Davis as one of the very early pioneers for good nutrition. She famously said, "As I see it, every day you do one of two things: build health or produce disease in yourself." These are wise and somewhat sobering words. As the New Year comes around, let's all work harder on producing health. The results of the MIND diet study only reinforce how important that can be for our quality of life as we get older.

MIND Diet Preserves Cognition Even in the Presence of Alzheimer's Pathology by Megan Brooks, September 28, 2021. www.Medscape.com

Dhana K, Bryan JD, et al. MIND Diet, Common Brain Pathologies, and Cognition in Community-Dwelling Older Adults. *Journal of Alzheimer's Disease*, vol. 83, no. 2, pp. 683-692, 2021

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 or mail it to:

Second Opinion Letters
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Q. Regarding your stance on vaccines, my medical family and friends tell me that almost all people in the hospital today are suffering from COVID-19 virus, and almost all are unvaccinated. None are in the hospital or dying from vaccine complications. I'm disturbed that your articles over the past year may be responsible for unnecessary illness and dying. I would like to hear your explanation for this disparity: we have lost 720,000 Americans to covid, none that I know of to the vaccine itself. – *Patricia M., Sahuarita, AZ*

Dear Patricia,

Thanks for your letter. It is always good to question authority. I need to point out to you that the gold standard for science and medicine is not personal experience and opinion. Instead, it is based on data, preferably large scale data. That's why I always back up my personal experiences with published data.

Don't make the mistake of

believing the opinion and experiences of your friends and family more than the opinion of the CDC, international virologists and immunologists, and all the available data that I have been reporting on for the past year.

As far as the effectiveness of the drugs, the head of the CDC, Rochelle Walenski, MD, has gone on record in a CNN interview stating that the drugs not only do not prevent SARS-CoV-2 infections, they do not prevent transmission either. What she is saying is that if you get injected with one of these drugs, you are not helping anyone, including yourself.

According to an August 2021 NPR report, "Israel was the first country on Earth to fully vaccinate a majority of its citizens against COVID-19. Now it has one of the world's highest daily infection rates — an average of nearly 7,500 confirmed cases a day, double what it was two weeks ago. Nearly one in every 150 people in Israel today has the virus." They go on to note that:

- "Hospitals in Israel are at full capacity following a sharp increase in coronavirus infections.
- "Immunity from the vaccine is gone after 6 months and none of the variants are covered.
- "Half of Israel's seriously ill patients who are currently hospitalized were fully vaccinated at least five months ago.
- "Israel's daily average number of infections has nearly doubled in the past two weeks and has increased around tenfold since mid-July, approaching the numbers during Israel's peak in the winter. Cases and death rates continue to increase at steady rate."

If these facts are not enough to cause you to rethink your position, know that the UK just released

data showing that 63.5% of all COVID-19 deaths in the last 6 months were in people who had one of the supposedly effective COVID-19 "vaccines."

Q. My son has been diagnosed with severe Crohn's disease and has been prescribed the Remicade Biologic monthly infusions. As you know, these Biologics depress the immune system, which concerns me, and it can be a problem especially with the rampant COVID-19 virus and variants. Do you know of any newly discovered or natural alternative treatments that may result in permanent remission of the disease? Is even the cause of the condition known as of yet? Some medical professionals (e.g. chiropractors like Bruce West) have opined that there is no such thing as an "autoimmune" disease. – *James E., Harpers Ferry, WV*

Dear James,

In the October 2021 issue, I reported on the very effective treatments that Ilana Gurevich, ND uses to treat inflammatory bowel disease, including Crohn's disease. Her approach focusses on ozone therapy combined with natural remedies that address the cause of the condition. Contact Dr. Gurevich and she can help you. Her website is www.naturopathicgastro.com.

Also, on my website (www.secondopinionnewsletter.com), you can search for "autoimmune disease" and find out how to cure these diseases. Sometimes it can be complex, but they can be cured. They are essentially the same thing as an allergy. Only in autoimmune diseases, the allergy can result in damage to various organs and tissues.