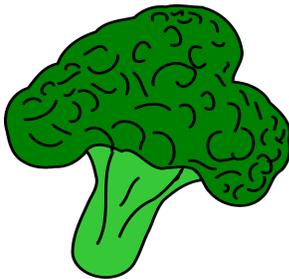


Focus On Health

QUARTERLY NEWSLETTER

APR – JUNE 2015

Yet Another Reason To Like Cruciferous Vegetables...



DIM

(Diindolylmethane) is a plant compound found in cruciferous vegetables such as broccoli, cabbage, and cauliflower. It promotes a beneficial shift in the balance of the sex hormones, estrogen and testosterone. One capsule twice a day. DIM can stop unwanted weight gain,

help protect against breast cancer and uterine cancer in women and prostate cancer in men. It can decrease insulin resistance, slow or postpone Alzheimer's, and help prevent heart disease. Read the book "All About DIM" for details. Authors are Michael Zeligs, MD and A. Scott Connelly, MD.

LEARN MORE ABOUT PRALUENT®

A new drug named Praluent® is excellent for reducing LDL cholesterol in patients who are receiving statin therapy. Its safety and efficacy are being studied at present.

Health2Go Presents ADK2

There is a new combination now available through Health2Go. It is a combination of Vitamin A, Vitamin D3 and Vitamin K2, marketed for cardiovascular protection against strokes, heart attacks, and blood clots (pulmonary emboli). It is an excellent prophylaxis agent to replace baby aspirin, which causes too high risk of gastrointestinal bleeding. It is available at Walgreen's (Medical City has one, and there is one at Preston/Forest.). Also you can buy ADK2 online at www.Twist25.com.

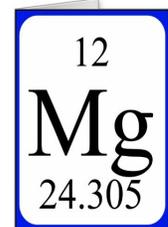


Energy Troches?

Edgewood Pharmacy where we get our compounded drugs, has come up with something new called Energy Troches, which are Vitamin B12, Folic Acid, and Vitamin B6. They are cinnamon flavored – one each AM. Great to get you started each morning, great for your health.

The Element Magnesium!

Read "The Magnesium Miracle" by Dr. Carolyn Dean to discover that we are all low on magnesium. Measuring serum magnesium is not helpful. Instead, check your magnesium RBC. It should be 6.5, not 1.5 – 3.1, as labs say. Magnesium can be replenished using ReMag or any other liquid magnesium plus magnesium lotion from Ancient Minerals in Livermore, California. Check the Internet for details. It takes several months for the magnesium RBC to move up toward normal.



Salpingectomy vs. Oophorectomy

There is increasing evidence that the majority of ovarian cancers arise in the fallopian tube and not primarily in the ovary. Therefore, hysterectomy for benign uterine disease is best accompanied by salpingectomy, but not oophorectomy, if one is implementing a cancer prevention strategy.

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