

Focus On Health

QUARTERLY NEWSLETTER

FALL 2016

OK, Let's Talk About The Benefits of Cannabis Oil

Cannabis Oil capsules (25 mg) and Lotion. As the late great Paul Harvey used to say, "and now, the rest of the story."

In addition to the benefits listed in [my last newsletter](#), here are several more:



- *Prevents glaucoma
- *Prevents age-related macular degeneration
- *Prevents diabetic retinopathy & chronic kidney disease
- *Prevents gout arthritis
- *Prevents psoriasis and psoriatic arthritis

Ideal dosage is at least four 25 mg capsules per day, spaced out: 1 in AM on arising, 1 at 3PM, one or two at bedtime (or 3AM). The capsules have a half life of 6 hours. Take with food or without; won't cause drowsiness, nausea or vomiting, constipation or diarrhea.

How Much Sleep Is Just The Right Amount?



Sleep is linked to ulcerative colitis. Recent findings: people who get less than 6 hours or more than 9 hours of sleep a day are more likely to develop the condition, which causes chronic inflammation of the intestines. A related finding is that 6 months of poor quality sleep is associated with a doubling of the risk of flare-ups of Crohn's disease, another inflammatory condition.

Blood Sugar Levels and Your Memory...

Even slightly high blood sugar hurts memory. A recent study showed that people with blood sugar at the high end of the normal range performed worse on a memory test than people with lower blood sugar levels. Also people with high blood sugar had a smaller hippocampus, the area of the brain that plays a crucial role in memory and spatial navigation. This is from a study of 141 people, average age 63, by researchers at Charite'-Medical University of Berlin, Germany, published in [Neurology](#).

Do You Use Probiotics? How's Your Blood Pressure?

A recent Australian study showed that probiotics help reduce systolic blood pressure by 3.56 mm. of mercury and diastolic blood pressure by 2.38 mm. of mercury. The report is from Valley Forge, PA.



Study: Metformin vs Underactive Thyroid

Metformin, a drug often prescribed to regulate blood sugar levels may lower thyroid stimulating hormone (TSH) in patients who have an underactive thyroid. Low TSH increases the risk for cardiovascular problems and broken bones. Check your free T3 and free T4 levels and your Vitamin D levels before starting metformin. The study is from McGill University, Montreal, Canada.

Praluent's Generic Name Is Alirocumal...

What is praluent? It is an injectable PCSK9 inhibitor to lower lipids in high risk patients. The generic name is alirocumal. You can obtain it at no cost for the first 6 months. After that, it is expensive. The recommended starting dose is 75 mg once every two weeks. Average starting LDL-C



level was 141 in one study. Praluent cut this by 48 percent.



John R. Woodward, M.D.
Hormone Replacement
Specialist for Women and
Men
7777 Forest Lane,
Suite A-315
Dallas, Texas 75230
972-566-7870

drwoodward@medicalcitydallas.com

