

VITAMIN D3 AND LARCH FOR FLU AND CANCER PREVENTION

GREAT NEWS! Creighton University, in a four year, randomized study of 1,179 healthy postmenopausal women from Nebraska, found that taking 1,100 IU's of vitamin D3 and 1,400 mg of supplemental calcium could decrease cancer risk from 60-77%. On the premise that some women may have entered the study with undiagnosed cancers, researchers eliminated the first year results (66% risk reduction) from the study. When they did that, the results were even more dramatic with the D3 group showing a 77% cancer risk reduction. The results of the study by Robert Recker M.D., Robert Heaney M.D., Dianne Travers-Gustafson M.S., G. Haynatzki Ph.D., and Michael Davies, Ph.D., were published in the "American Journal of Clinical Nutrition."

NOTHING prevents flu like safe and effective vitamin D3. Flu vaccines, on the other hand are 1% effective in the probable prevention of flu, and come with side effects and some disturbing warnings this year. U.S. Officials changed the labeling on the CSLAX flu vaccine maker's label: "This vaccine appears to have caused a higher than usual rate of seizures (yes, there are reports to the CDC of seizures that follow vaccines even if they are only rarely reported to the CDC by parents or doctors) in children." See: www.reuters.com/article/idUS

I've heard some other disturbing news about the 2011-12 flu vaccine. It comes with a recommendation from the U.S. Center for Disease Control and Prevention, that EVERYONE, including infants and pregnant women be vaccinated against seasonal flu this year, inspite of seizures and spontaneous abortions reported in past years. I have received severe reaction reports from many individuals who have been given this year's flu vaccine. It is left-over virus from last year's flu strains, and unlikely to prevent new strains that may occur in 2012. In January of 2011, the Sanofi-Aventis flu vaccine known as "Fluzone", caused 42 reported cases of seizures in children mostly under the age of two. Less than 1-10% of all side effects are ever reported to the FDA by doctors or patients. It is also scary to know that new flu strains are never double blind or placebo tested, but mainlined directly to the American population where the FDA simply tracks the severity of adverse reactions as they occur in the general population.

LARCH ARABINOGALACTAN

For over ten years I've recommended Vitamin D and Larch Arabinogalactan for school aged children to enhance their immunity. Larch is best known as an immune modulator, but recent research indicates that it is beneficial in the adjunctive treatment for digestive problems and chronic diseases, including cancer. Arabinogalactan (AG) is a polysaccharide found in wood plants like the inner bark of the Western Larch tree. I feel that all people in cancer treatment should research and consider Larch as an adjunct to treatment, as it has the ability to block the metastasis of tumor cells to the liver and stimulates NK cell cytotoxicity. It reduces tumor cell colonization and increases survival time of subjects with various cancers.

Larch acts as an attractive food supply for friendly intestinal bacteria. It has proven effective in the treatment of diverticulosis, leaky gut, irritable bowel syndrome, Crohns, and ulcerative colitis.

It was a Naturopath, Dr. Peter D'Adamo who introduced Larch into clinical practice. This safe and effective phytochemical is FDA approved, and as a fine, white powder, mixes well in water and juices, which makes it ideal for children as well as adults. Occasional bloating may occur as Larch beneficially alters intestinal flora. The general adult dose for 150 pounds is 9 grams or three teaspoons. For children 30 pounds and over, I would consider ½ teaspoon for every twenty-five pounds. A 75 pound child would take 1 ½ teaspoon for example.

To your health,
Dr. Mitchell