



Dr. Robert Jay Rowen's

SECOND OPINION

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HEALTH NOTES

Eight Minutes a Day to Improve Memory, Balance, and Gait

How would you like to be able to improve your memory, balance, and gait with a treatment that takes just eight minutes a day? Well, not only is it possible, it can work for anyone who can simply stand up for a few minutes. Let me explain how this treatment has helped my father.

Back in September, I called my folks in Florida. My eye surgeon sister, Sheri Rowen, MD (of Baltimore) was there visiting. Sheri is a seasoned physician and has seen a multitude of senior patients. Living closer to him than I do, she's been looking after my father for years. Sheri expressed almost unbelievable surprise at the improvement in my father since she last saw him in early August. "He is walking faster, stronger, can go up a few steps, has a spring in his step, and his cognitive function is better." This was coming from a doctor who observed him for many years. "He is far better than when the whole family was together for his 90th birthday four years ago!"

She had no idea what was leading to the improvement. But I do. First, she credited me with getting him off the Coumadin, pushed by his local doctors, which all but led to his demise. He is taking a supplement regimen I prescribed. (For new readers, my dad, then 90, dropped into a six-week coma due to three drugs dumped in him by negligent cowboy conventional doctors. I say this because they ignored black box warnings directly related to his condition. My dad went into a nursing home after awakening. Then,

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The Real Reason the French Have Fewer Heart Problems

You may have heard that the French have fewer heart problems than we do in America. This is amazing because the French eat a lot of rich food, just like we do. This month, I'm going to show you the reason for this "French paradox" and why their hearts are healthier. And what you can do to share in their health.

Sixty years ago, Weston Price, DDS, the giant of nutritional studies, found a mysterious substance in butterfat he termed Activator-X. He also found this substance in organs and fat of animals consuming rapidly growing green grass, and also in certain seafood.

He found that vitamins A and D stimulated cells to make certain critical proteins which protect against tooth decay, support growth, development, and normal reproduction, protect against calcification of the arteries leading to heart disease, and are a major component of the brain. However, these proteins were inactive without this mysterious Activator-X to bring them to life.

Price treated his patients with a combination of cod liver oil and butterfat, both of which are high in Activator-X. And his results with chronic degenerative conditions, from teeth problems to skeletal problems to brain and metabolic conditions were unparalleled at the time.

Price's observations created a mystery that endured for six decades. No one knew precisely what Activator-X was, though Price managed to determine its presence by a simple test on oxidizing iodide to iodine, which he easily measured by the color change. In the past several years, several theories have converged that almost certainly identify the mysterious compound. It is vitamin K2, a super nutrient you've likely read about before. But with the latest information, you must know more about

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after listening to me, he became the first ever person I've known over the age of 90 to leave a nursing home NOT in a casket.)

Since leaving the nursing home, he remained stable until this past August. Now my sister says his condition has improved considerably. What changed?

Well, there's only one thing that changed in his regimen since August. That was his purchase and use of the Power Plate device I wrote about in the December 2010 issue of this newsletter (you can read all about it at www.secondopinionnewsletter.com). He uses it for just four minutes, twice daily. And, it's doing more than what I expected. Yes, I expected stronger legs, better balance, posture, and more energy. But I am surprised myself at the continuing improvement in his mental function. Already better than most 94 year olds, his mental sharpness and quickness is decidedly better. I can tell that on the phone.

True, this is anecdotal, and just one case. But it's coming from the observations of a seasoned surgeon, who works extensively with senior visual problems. "Seeing is believing" ... and it sure was to her. If you have gait, balance, leg strength, osteoporosis issues, etc., you might consider the Power Plate. The Power Plate

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it. This is a nutrient that can change your life.

Vitamin K is a fat-soluble vitamin that has several naturally occurring forms. But three forms are the most important: K1, K2, and K3. This article is mostly about the K2 form. When you're done reading this, I think you'll agree with me: vitamin K, especially the K2 form, is the mysterious Activator-X discovered so long ago by Dr. Price.

Vitamin K is well known for its effect on assisting your liver to make clotting proteins, so that you don't bleed excessively. Coumadin, the drug used to prevent blood clots from atrial fibrillation and venous clotting disorders, directly interferes with vitamin K. You get blood that doesn't clot as easily. This might be good for those prone to blood clots. But it may create a disastrous inhibition of other functions of the nutrient.

While vitamin K does help your blood clot naturally, I need to dispel a myth right here. More vitamin K does not make your blood thicker. There are relatively few K receptors on cells dealing with clotting factors. Your body naturally fills these up unless you have a severe deficiency, or have Coumadin interference. And, your liver prioritizes K for clotting first, as failure to clot is immediately life threatening. Therefore, if you take enough Coumadin to impair liver clotting factor manufacture, you'll wipe out most all other K functions. These functions are vitally important — but what are they? Most people have never heard of these other functions. So, let's look at just how valuable vitamin K is.

Dietary K1 comes mostly from leafy greens. Your body, or rather friendly bacteria inside your colon, can convert K1 to K2. Mammalian cells can convert K1 to K2 as well. Cows eat grass, which has lots of K1 when grown on fertile soils and richly green. That's why butterfat is rich in K2. More on that below.

Most of what your body absorbs is the K1 form. Both K1 and K2 activate certain proteins (those induced by vitamins A and D) by a process called carboxylation. But K2 is far, far more efficient at activating these proteins. Osteocalcin, a key player induced by vitamin D in your bone cells, is one.

K2 activates osteocalcin (even in rats with ovaries removed). Osteocalcin is the enzyme made by osteoblasts that literally puts calcium into your bones. If K2 is missing, you simply can't get your bone cells to lay down calcium. Unactivated osteocalcin is useless. Your cells will take it up and destroy it. Your bones will weaken.

Furthermore, K2 also works inside your cell's nucleus to modulate inflammatory chemicals. I've reported how inflammation in bone leads to bone loss. Particularly, K2 balances the chemical NF kappaB. This balancing both activates osteoblasts (bone-building cells) and turns off osteoclasts, bone-resorbing cells. You need a balance of both cells' functions for healthy bone and normal bone turnover. K2 does more. It helps regulate parathyroid hormone, which robs calcium from your bones to maintain blood levels. It also improves glucose metabolism in bone, helping energy production. K2 at 45 mcg daily has significantly helped children make more osteocalcin, important for lifetime bone health.

Now while simultaneously enriching your bones with calcium, K2 keeps calcium out of your arteries, where you don't want it. When you take Coumadin, it prevents K2 from providing this function. When you take Coumadin, calcium begins to accumulate in your arteries, leading to rigid pipes. A European study from Rotterdam found that high intake of K2, but not K1, was responsible for supple arteries. Men with the highest K2 consumption had a whopping 51% lower risk of heart attack mortality compared to those eating the least. The sources of K2 were eggs, meats, dairy (full fat), fermented foods (natto), and fish. Even better, higher K2 reduced ALL-CAUSE mortality by 26%. People consuming 45 mcg of K2 daily live seven years longer than those taking 12 mcg daily. This proves out Price's observations. More on why that might be later on.

In a past issue, I was the first to make the suggestion that the explanation of the "French Paradox" (see first paragraph) might be cooking with butter. Consider Perigord, France. This area is the world's capital of foie gras, or fatty goose liver. Foie gras is the richest known source of K2. Perigord also has the lowest rate of cardiovascular mortality in a country already noted for low coronary mortality!

Now it gets even worse for Coumadin users. Osteocalcin, like many other hormones, has multiple effects. (Your body is more efficient if proteins can multi-task.) Hormones cross talk with each other. In this case, osteocalcin works together with a blood glucose-regulating hormone called adiponectin. Low osteocalcin increases insulin resistance, particularly as we age. (Medical treatment with Coumadin disrupts the osteocalcin/adiponectin linkage. You may be making metabolic syndrome and diabetes worse!) You might be surprised to

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comes with a detailed video on exercising with it. My dad did no sophisticated maneuvers. He only stood on it with his knees slightly bent.

While not advertised or studied for cognitive function, it might help you there too. Why? My elderly father has limited exercise. He does work out with a home machine to strengthen his legs, and he takes short walks. But those were more to keep him stable. They did not improve his condition. And, otherwise, he's largely confined to his condo. The Power Plate adds exercise. Perhaps this particular type of exercise, which is vibratory, stimulates certain neural pathways.

We know that the Power Plate helps balance. The part of your brain that deals with balance is in the cerebellum. This is conjecture only, but if the Power Plate improves balance by assisting synaptic connections in that part of the brain, it's quite possible that cognitive function might improve as well. After my sister's stunning report to me, I checked and confirmed that recent scientific studies have found that the cerebellum is definitely connected with cognitive function.

My dad is/was not senile. However, any improvement in mental sharpness is a welcome gift on top of the improvement we expected in his gait, balance, and strength. The Power Plate has delivered its promise to my dad. And it may work for you.

You can order the Power Plate by calling 888-713-0592. The cost is \$2,495. That's \$104 off the manufacturer's suggested retail price. Plus, you'll get their "white glove delivery," which includes set up in your home, for free. That's a \$375 savings. And you'll get five free gifts that have a value of \$25. That's a total savings of over \$500 just for reading *Second Opinion*.

Does Vitamin E Really Fight Aging?

One of the changes that occurs in our bodies as we age is that our cell membranes become stiffer. In the case of your

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red cells, they get less flexible. This process increases blood viscosity (the thickness of your blood). The thicker your blood, the harder it is to flow through your tiniest capillaries.

Believe it or not, your capillaries are actually smaller in diameter than a red cell. The red cell must fold to get through. If your red blood cells are too stiff, they can't get through. This backs up your circulation.

But a new study shows how you can soften your red blood cells and improve your circulation.

This study looked at aged rats, red cell flexibility, and vitamin E status. The researchers found that vitamin E supplements improved red blood cell flexibility, oxidative stress index, and decreased total oxidant stress status. The aged rats also had lower vitamin E status indicating perhaps less absorption of the nutrient.

The researchers concluded that blood rheology (flow) impairs with age and that vitamin E can help improve blood flow. They believe it does so by reducing oxidative stress on cell membranes.

Your health is largely determined by the health of your cell membranes. As you age, membranes become stiffer. This is likely because vulnerable fatty acids oxidize. And then they accumulate in your body.

This study shows that vitamin E might help prevent or reverse stiff cell membranes. So make sure you're getting ample vitamin E. If you're already taking Healthy Resolve, you're likely getting adequate vitamin E. But if you think you

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For a complete listing of Dr. Rowen's recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

learn that the highest levels of K2 are in your salivary glands and pancreas, with your brain close behind.

This one was a mind blower for many seasoned doctors — bone and your pancreas islet cells (insulin-producing cells) are communicating with each other hormonally. (Bone, working hand in hand with pancreas cells? Yes!) One article reports that bones in need of assistance (like growing bone or osteoporotic bone) send hormonal messages to your endocrine system to help them get more energy. Those needs are met in part with excellent glucose and insulin function.

But wait, a very recent study in humans found that osteocalcin, all by itself, improves glucose tolerance and **insulin secretion and sensitivity**; its glucose-regulating benefits occur even independently of the plasma adiponectin level in humans. We are discovering that there is far more to insulin resistance than we believed for decades. Bone is now accepted as part of your endocrine system regulating blood sugar. Bone's ability here is K2 dependent, and your pancreas holds a tremendous amount of the stuff.

Furthermore, less osteocalcin activity actually accelerates diabetic atherosclerosis! So, your doctor leads you to believe that he's protecting you from clots with Coumadin. But the price to pay for forcibly thinning your blood is accelerated calcium entry into your arteries and furthering atherosclerosis. See past issues on my website on substitutes for Coumadin; used with guidance from an integrative physician.

So 45 mcg daily of vitamin K2 is vital for the health of your heart and your arteries. But that's not all. In next month's issue, I'm going to show you why vitamin K2 is crucial for your brain. It could be what you need to prevent Parkinson's and Alzheimer's, and many other health conditions. Don't miss it. In the meantime, you can find vitamin K2 at most health food stores and online. Start taking it today!

Why You Must Avoid the Paleolithic Diet

Even though raw organic butterfat is quite healthy — and something I recommend — another source of vitamin K isn't so healthy. And the latest news on this is quite scary.

You have repeatedly heard in the press that red meat might not be so good for you. In fact, research has linked unprocessed red meat to greater heart disease risk.

Now this is not what those pushing the Paleolithic diet would want to believe. That diet is touted as the answer to just about everything. Eating as our “caveman ancestors.” A diet of animals they hunted, and plant materials they gathered. Sounds lovely, doesn’t it? Just eat like our ancestors and you might not get heart disease? Well, this new study confirms everything I’ve told you in the past — that the Paleolithic diet might just give you heart disease.

Furthermore, this research may fully explain the “mystery” of why our Egyptian ancestors did have heart disease (discovered on CT scans of mummies).

New research from the prestigious Cleveland Clinic provides the link from coronary disease in mummies to heart disease of today.

Dr. Stanley Hazen is section head of preventive cardiology and rehabilitation at the Cleveland Clinic. There, scientists and clinicians wondered out loud about the cholesterol/fat theory of red meat as a cause of coronary disease. See, the cholesterol and saturated fat theory just didn’t pan out. Even the mainstream is finally “getting it.” Hazen’s group thought that there might be something else in red meat that was a key culprit, trumping its cholesterol and marbled fat.

The researchers kept samples of blood on more than 10,000 patients and followed them for the subsequent development of heart disease. Then, they started looking for the unknown. They found higher levels in the blood of the patients who developed heart disease: a common and needed molecule for human physiology — carnitine. But it turned out that it wasn’t just carnitine itself that was the problem. They found that higher carnitine was associated with another molecule, induced by ingestion of carnitine. Specifically, intestinal bacteria convert carnitine into a little known molecule. The intestines absorb that molecule. Then, once in the liver, your body converts it into a molecule called TMAO (trimethylamine-N-oxide). Their research led them to conclude that TMAO carries a 10-fold risk for heart disease compared to cholesterol.

Here’s how they came to these conclusions. The researchers combined some novel findings in mice and human subjects, including themselves. Hazen was actually a part of the human side of the study!

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need more, I like both Carlson’s and Unique E. You can find both of these at any health food store and online. Or use Delta Fraction Tocotrienols from Advanced Bionutritionals.

In addition to taking vitamin E, consider taking the supplement PhosChol. It provides undamaged essential phospholipids, which are critical for maintaining youthful and healthy membranes. I also like Advanced EFA Formula for providing unadulterated fatty acids. You can order Healthy Resolve, PhosChol, Delta Fraction Tocotrienols, and Advanced EFA Formula from Advanced Bionutritionals (800-791-3395).

Ref: *Folia Biologica*, 58:4 2012 pg 157-65.

Stop Colon Cancer With a Probiotic

I’m a huge fan of probiotics. But they do have their limitations. One of the biggest limitations is that not every product contains every strain of good bacteria. Even some of the best ones contain a limited number of strains. A new study shows why this might be important if you want to prevent colon cancer.

In the study, researchers compared 20 controls to 10 patients with colorectal cancer. They looked at various stool analyses and the effects of probiotic supplementation.

Those in the healthy group had higher rates of *Lactobacillus* detection in their stool. In those with cancer, the bad germ *Clostridium perfringens* was higher. The cancer patients also had stool alkalosis, and lower short chain fatty acids in their stool.

After taking the probiotic supplement *Lactobacillus gasseri*, those with cancer had higher *Lactobacillus* in their stool, and lower *Clostridium*. Further, their stool became more acidic, creation of fecal putrefaction reactions fell, and they had an increase in short chain fatty acids in their fecal material. And, blood tests showed greater natural killer cell activity

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and higher interleukin-1 beta after the fourth week of supplementation compared to outset.

In a future issue, I'll detail for you how modern science is demonstrating a blur between your DNA and the DNA of the germs in your gut. The latter is called the microbiome. You actually have far more bacterial DNA in your gut than your own cells carry. And, their DNA is highly active. We are far more than simply 23 pairs of human chromosomes.

In this case, those with rectal cancer had more numbers of a highly toxic germ and less of the beneficial one. Beneficial fermenting germs keep bad guys at bay. They create more short chain fatty acids in your stool, which help to feed your colon cells. They create an acid environment, which keeps bad germs at bay. The same process occurs in a woman's vagina. If it gets alkaline, she is at greater risk of infection. Those increasing acidophilus also saw less toxic putrefaction in their gut. That's a process by which bad germs convert undigested protein into highly toxic amine (ammonia like) compounds.

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First though, the mice. The team found that chronic supplementation of carnitine, which is structurally similar to amino acids, reduced "reverse cholesterol transport." That is the process by which your body picks up and removes cholesterol from your arteries and delivers it back to your liver for elimination through the bile. You do NOT want that process hindered.

Now the underlying factor in these mice was their intestinal bacterial (flora) composition. The chronic carnitine supplementation altered their flora. It encouraged growth of organisms that broke down carnitine (and choline) into a substance that your liver converts to TMAO. This did not happen if the intestinal flora of the mice was suppressed with powerful antibiotics. In other words, bacteria themselves performed the transformation.

The researchers then took this information and did a study on a small group of six humans, including Hazen. They simply fed them all a juicy, sizzling sirloin steak. They wanted to know if eating the steak would raise TMAO levels. The answer was YES! TMAO levels simply soared! But there was a single notable exception. One of them didn't get a TMAO burst. That person had been a vegan for more than a year. That subject did NOT get the TMAO burst.

This peculiar finding was confirmed with additional research on 23 vegetarian/vegans and 51 meat eaters. The meat eaters had more TMAO in their blood. And, the meat eaters readily converted supplemental carnitine into TMAO. The vegetarians/vegans did not make the risky conversion! And, the researchers admitted that they were shocked at this finding!

Of course, this raised more questions. Would people reduce their heart attack risk if they lowered their blood TMAO levels? An association between TMAO levels in the blood and heart disease risk does not necessarily mean that one causes the other. And which gut bacteria in particular are the culprits?

Even though there are more questions we have to answer, this fascinating work connects many dots. It explains why I rarely, if ever, see heart disease in vegetarians eating a non-junk food diet. It provides a crucial missing link into the debunked cholesterol hypothesis. TMAO is 10 times the risk of cholesterol! And, it can explain why we found heart disease in Egyptian mummies. Generally, it was the rich that could afford the expensive mummification process. And throughout histo-

ry, the wealthy have eaten red meat. It then might not have mattered that the Egyptians had little in the way of modern processed foods. Perhaps they also fried food as well? They did have olive oil!

So what reasonable action should you take? There are two questions raised: 1) what about meat in your diet, and 2) what about carnitine supplements? Three ounces of red meat provide 95 mg of carnitine. Pork has about one-third of that amount, and fish far less. (I think pork is quite bad for other reasons. Its flesh is similar to humans, making digestion and elimination of similar toxins we carry a real problem.)

Supplements may contain as much or more carnitine than three ounces of red meat. But, I am not running from carnitine as a supplement at this time. Why? Because I believe that your gut flora are more dependent on what you eat than with what you supplement. I've used carnitine myself from time to time. Mitochondria need it. And considerable research does support its benefit.

I'm not suggesting that you totally eliminate red meat. If you want your steak, have it, but please de-emphasize red meat as a primary food. Perhaps have red meat only once weekly or, even better, only once every two weeks.

As mentioned, poultry, fish and dairy have far less carnitine. Fish might be the best choice as it may be the most digestible and leave less residue to support the bad microbes. However, you then run into the problem with farmed/toxic fish. Aim to keep animal flesh intake to four or less servings a week.

Please follow the Living Foods Diet (raw veggies, fruit, nuts/seeds) at least 80% of the time. The remaining 20% can be other foods, so long as it is not fast, fried, refined, processed, genetically modified, or chemically laden. Make red meat a very minor portion of that 20%.

Ref: *Nature*, April 7 2013; *New York Times*, April 7.

Looking for an integrative physician near you? These organizations can help:

- 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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Now here's the rub. Notice the name of the probiotic used in this study — *Lactobacillus gasseri*. Not every probiotic on the market contains this particular strain.

This study makes it sound like you have to use this strain. But I don't think that the findings of this study are limited to this particular strain of *Lactobacillus*. More of these friendly germs in your gut will likely induce similar effects as found with *L. gasseri*. You just need to populate your gut with good bacteria.

Unfortunately, most of us don't have a gut environment that's conducive to healthy bacteria. So to prevent colon cancer, especially if you're at high risk, start by cleaning up your diet to make a good home for the good bacteria.

Through many years of clinical observation of thousands of patients, I've come to the conclusion that diet affects your intestinal flora more than a probiotic. I think it's vital you create a favorable environment for your good bacteria. Otherwise, taking probiotics might not help that much. They might not stick around.

At the same time, taking a good probiotic is vital. I recommend Advanced Probiotic Formula (800-791-3395). It has one of the highest confirmed levels of probiotic activity of any product on the market.

Ref: *Hepatogastroenterology*. 2010 November-December;57(104):1411-5.

Coming Next Month...

- Can you fight Alzheimer's disease, stroke, insomnia, and Parkinson's disease with a red laser? I show you the shocking information.
- How to beat prostate cancer, arthritis, and dementia with an inexpensive nutrient.