

## A

- Abdominal pain, fructose malabsorption, #307/308 p.56  
 Acetyl-L-carnitine, opiate withdrawal, #313/314 p.52  
 Acupuncture, #317 p.26-7  
 Acupuncture, homeopathy, online, #307/308 p.79-82  
 Acute intermittent porphyria, hyperbaric oxygen therapy, #307/308 p.114  
 Addiction, cranial electrotherapy stimulation, #311 p.81-5  
 Adrenal insufficiency, blood tests, #306 p.121-3  
 Adrenochrome hypothesis, schizophrenia & bipolar disorder, #317 p.48-50  
 Adriamycin (doxorubin), online, #313/314 p.55-6  
 Advanced glycosylation end products (AGEs), diabetes, #310 p.54  
 Advanced glycosylation end products (AGEs), renal failure, #315 p.43  
 Agave nectar, high-fructose, #310 p.69-73  
 Aggressive behavior, tryptophan, #307/308 p.154-6  
 Aging, calorie restriction, #315 p.98-101  
 Aging, nutrition, #310 p.99-100  
 Aging, weight training, #306 p.120  
 AHCC (active hexose correlated complex), cancer, #313/314 p.48-9  
 AIDS, dissenters, online, #310 p.46-9, #311 p.104-9, #313/314 p.99+  
 AIDS, scientific controversies, online, #312 p.99  
 Air pollution, vitamin D deficiency, #310 p.39  
 Alcoholics Anonymous, Abram Hoffer, MD, PhD, online  
 Alkaline diet, immune function, #315 p.85-9  
 Alkalinizing agents, cancer, #313/314 p.93-8  
 Allergies, homeopathy, online, #310 p.111-13  
 Allergies, milk, #315 p.42  
 Allergies, naturopathy, online  
 Alpha-lipoic acid, diabetic nephropathy, #316 p.27  
 Alpha-Stim technology, cigarette cravings, #311 p.81-5  
 Altacor, Metagenics joint venture, #316 p.16  
 Alzheimer's disease, insulin resistance, #310 p.23  
 Alzheimer's disease, omega-3-rich fish, #315 p.111+  
 Alzheimer's disease, *Panax ginseng*, online, #309 p.46  
 Alzheimer's disease, tea, #312 p.21-2  
 Amalgam fillings, removal, #306 p.111  
 Amazon, environmental degradation, #307/308 p.132-3  
 American Academy of Anti-Aging Medicine (A4M), conference (December 2008; Las Vegas, Nevada), #307/308 p.22-3  
 American Association for Cancer Research, #313/314 p.23  
 American College for the Advancement in Medicine (ACAM), Legacy awards, online, #306 p.6  
 American College of Cardiology, clinical practice guidelines, #311 p.93  
 Amino acid therapy, depression, online  
 Ammi Visnaga, seasonal allergies, online  
 Amnesia, statin drugs, #311 p.20, #311 p.64-70  
 Amputation prevention, #307/308 p.117+  
 Amyloban 3399, cognitive dysfunction, #310 p.94-5  
 Amyotrophic lateral sclerosis (ALS), lithium, #306 p.46  
 The Analyst™, online health history service, online, #306 p.37+  
 Aneurysm, supplements, #309 p.81  
 Annie Appleseed Project, 2008 evidence-based CAM cancer conference, #306 p.130-1  
 Anoxe (low-molecular antioxidant compound having SOD-like activity), cancer, online, #313/314 p.83+  
 Anti-aging medicine, academic deceit, #313/314 p.42-3  
 Anti-aging medicine, diabetes, #310 p.104-6  
 Anti-aging medicine, growth hormone secretagogues, #306 p.52-9  
 Anti-aging medicine, health care reform, #316 p.39-40  
 Anti-aging medicine, Neuro-BioEnergetics, #316 p.81-3  
 Anti-aging medicine, nutrition, #315 p.110-12  
 Anti-aging medicine, nutritional therapies, #307/308 p.66-7  
 Anti-aging medicine, vitamin D, #309 p.106-7  
 Antiangiogenic drugs, cancer, #312 p.26-8  
 Antibiotics, Lyme disease, #306 p.49, #312 p.36+  
 Anticonvulsant drugs, vitamin D deficiency, online, #309 p.46  
 Antidepressants, alternatives to, online  
 Antimicrobials, biofilm, #312 p.30  
 Antioxidant enzyme systems, cataracts, #310 p.120+  
 Antioxidants, cancer prevention, #313/314 p.50  
 Antioxidants, foods, #306 p.118  
 Antioxidants, pancreatitis, #310 p.39+  
 Antiphospholipid antibody syndrome, chronic fatigue syndrome, #316 p.20  
 Anxiety, chamomile, #317 p.32+  
 Anxiety, orthomolecular medicine, online  
 Arabinoxylan, anticancer effect, #310 p.85-9  
 Armour USP Thyroid, shortage, online, #317 p.6+  
 Aromatase inhibition, Myomin, #317 p.70-4  
 Aromatherapy, #316 p.86  
 Ascorbic acid, cancer, online, #306 p.14+  
 Ascorbic acid, chemotherapy, #307/308 p.110+  
 Ascorbic acid, medical history, #311 p.94  
 Aspirin, breast cancer risk, #313/314 p.132  
 Asthma, seasonal allergies, online  
 Atorvastatin, cognitive impairments, #311 p.64-70  
 ATP, dysoxygenosis, online  
 Attention deficit hyperactivity disorder (ADHD), homeopathy, #317 p.56-9  
 Attention deficit hyperactivity disorder (ADHD), pollutants, online, #307/308 p.83-8  
 Autism, chelation study cancelled, online, #306 p.33+  
 Autism, floortime, online  
 Autism, integrative treatment, #312 p.100-2  
 Autism, Lyme disease, online, #315 p.72-7  
 Autism, melatonin & insomnia, #317 p.32  
 Autism spectrum disorders, environmental factors, #311 p.24  
 Autism spectrum disorders, vision therapy, #307/308 p.120-1  
 Autoimmune disease, Chinese herbal medicine, #307/308 p.142-6  
 Autoimmune disease, functional lab tests, online, #306 p.80-9  
 Autoimmune disease, immune repair in biologic medicine, online, #315 p.82-9, #317 p.76-80  
 Autonomic breathing test, stress-related disorders, #315 p.105-9  
 Autonomic nervous system dysfunction, breathing, #316 p.20+  
 Autopathy, #307/308 p.44  
 Avastin, cancer, #312 p.26-8  
 Avemar, cancer, #313/314 p.48  
 Ayahuasca, #309 p.50-1  
 Ayurveda, integrative medicine, online, #310 p.50-2  
 Ayurvedic medicine, #315 p.28+

## B

- Babesia*, treatment failure, #312 p.92-5  
*Bartonella*, treatment failure, #312 p.92-5  
 Beard, John, cancer theory, #307/308 p.69-70  
 Behavior change, emotional learning, online, #309 p.27  
 Belief, placebo, #311 p.29+  
 Beljanski, Mirko, PhD, #307/308 p.71-3  
 BetterWOMAN, bladder control, #311 p.91  
 Bevacizumab (Avastin), cancer, #312 p.26-8  
 Bhattacharya, Bhaswati, MD, MPH, sustainable integrative practice, online, #310 p.50-2  
 Bias, #307/308 p.101-6  
 Bias, medical journals, #306 p.46+  
 Bicarbonate, cancer, #313/314 p.97-8, #317 p.28-9  
 Bile, Chinese herbal medicine, online  
 BioBran (BRM4), rice bran arabinoxylan compound, #310 p.85-9  
 Bioenergetic devices, functional medicine, online, #306 p.34  
 Biofeedback, antibacterial activity, #312 p.109-10

# KEYWORD INDEX

- Biofilms, online, #315 p.20  
Biofilms, chronic disease, #312 p.30  
Biofilms, gastrointestinal tract, #315 p.67–71  
Bioidentical hormone replacement therapy, online, #309 p.119  
Bioidentical hormone replacement therapy, FDA, online, #309 p.26+  
Bioidentical hormone replacement therapy, FDA & legal advice, #307/308 p.111+  
Bioidentical hormone replacement therapy, lung health, online  
Biological dentistry, #312 p.59–60  
Biological Immunity Analysis®, low back pain, online  
BiomedComm, Washington state court case, #307/308 p.42  
Biomedicine, philosophy, #310 p.90–3  
Bioremediation, mushrooms, #309 p.88–91  
Bioresonance therapy, online, #306 p.35+  
Bioresonance therapy, heavy metals, #306 p.101–4, #311 p.90  
Biotin, diabetes, #310 p.38  
Bipolar disorder, Abram Hoffer orthomolecular therapy, #317 p.15  
Bipolar disorder, EMPowerplus, #317 p.21–2  
Bipolar disorder, nutrition, online, #307/308 p.91–4  
Bipolar disorder, orthomolecular medicine, online, #317 p.44–50  
Bipolar disorder, *Puppy Chow Is Better Than Prozac*, #317 p.93  
Birthing, McMoyler Method, #309 p.86–7  
Bisphosphonates, safety & efficacy, #312 p.76–81  
Blackburn, Elizabeth H, PhD, Nobel prize, #317 p.17  
Bladder control, BetterWOMAN, #311 p.91  
Bland, Dr. Jeffrey, functional medicine, online, #313/314 p.6+  
Bland, Dr. Jeffrey, HealthCorps Advisory Board, #315 p.21  
Blood metal analysis, metal toxicity, online, #306 p.73–9  
Blood pressure (See also Hypertension)  
Blood pressure, green tea extract, #307/308 p.66  
Blood pressure, potassium/sodium ratio, #307/308 p.66+  
Blood sugar, dirty electricity, #310 p.24  
Blood sugar, interesterified fats, #310 p.32+  
Blood sugar, vegan & raw diet, online  
Blood tests, hypothyroidism & adrenal insufficiency, #306 p.121–4  
Blood type, D'Adamo diet, #315 p.97  
Boluoke (lumbrokinase), cancer, #313/314 p.62–6  
Bone-breathing, fibromyalgia & chronic fatigue, #316 p.22  
Bone loss, vitamin K2, #309 p.122+  
Bone mass, DHEA (dehydroepiandrosterone), #316 p.28  
*Borax*, #306 p.127  
*Borrelia* spirochetes, shape shifting, #312 p.31  
Botanicals, premenstrual syndrome (PMS), #317 p.104+  
Brain cancer, Burzynski Research Institute clinical trial, #316 p.18  
Brain change, childhood abuse, #309 p.102  
Brain damage, stroke recovery, #311 p.96  
Brain damage, supplements, #309 p.81  
Brain health, Amyloban 3399, #310 p.94–5  
Breast cancer, aspirin, #313/314 p.132  
Breast cancer, Dr. Schulze & Hulda Clark programs, #313/314 p.109–10  
Breast cancer, hot flashes, #306 p.128–9  
Breast cancer, integrative medicine, #313/314 p.133  
Breast cancer, lymphatic system, #309 p.95–8  
Breast Cancer Options, self-care, #313/314 p.46–9  
Breast cancer, prevention, #309 p.120+  
Breast cancer, spontaneous regression, #309 p.41–2+, #313/314 p.34+  
Breast disease (benign), diet & supplements, #309 p.125–6  
Breast disease, iodine deficiency, #309 p.92–4  
Breast-Mate, meshima mushroom extract for breast health, #315 p.109  
Breathing, autonomic responses, #315 p.105–9  
Breathing, chronic fatigue, #316 p.20+  
Breathing, hypertension, #311 p.30+  
Brecher, Arline (obituary), #315 p.24  
Bromides, iodine, #309 p.93–4  
Brown, Lauren, *Townsend Letter*, online, #306 p.20  
Burzynski Research Institute, brain cancer in children clinical trial, #316 p.18
- ## C
- Cachexia, nutrition, #313/314 p.58–9  
Cachexia, resistance exercise & leucine, #313/314 p.118–19  
Caffeine, panic attacks, online, #309 p.46, #316 p.80  
Caffeine poisoning, withdrawal symptoms, #310 p.95–6  
Calcium, cardiovascular disease, #307/308 p.67  
Calcium supplements, fetal lead exposure, online, #312 p.50  
Calorie restriction, aging, #315 p.98–101  
CAN-C, cataracts, #310 p.34  
Cancer, Abram Hoffer vitamin protocol, #313/314 p.60–1  
Cancer, adriamycin (doxorubin), online, #313/314 p.55–6  
Cancer, alkalizing agents, #313/314 p.93–8  
Cancer, Annie Appleseed Project, #306 p.130–1  
Cancer, antiangiogenic drugs, #312 p.26–8  
Cancer, ascorbic acid (vitamin C), online, #306 p.14+  
Cancer, biological terrain, #306 p.116  
Cancer, boluoke (lumbrokinase), #313/314 p.62–6  
Cancer, China clinics, #306 p.41–2  
Cancer, Chinese herbal medicine, #313/314 p.114–17  
Cancer, chlorination, #313/314 p.28  
Cancer, cimetidine (Tagemet), #307/308 p.116  
Cancer, Coley's toxins, online, #307/308 p.116–17, #313/314 p.56  
Cancer, complementary & alternative medicine, #313/314 p.107+  
Cancer, diet, #313/314 p.28–9+, #315 p.111  
Cancer, Dr. Claude DeShazo, online, #313/314 p.19+  
Cancer drugs, Medicare, online, #310 p.43–4  
Cancer, Emanuel Revici therapy, #309 p.112–15  
Cancer, Emanuel Revici treatment NYC office, #307/308 p.65  
Cancer, foods, #313/314 p.108  
Cancer, genetics, #313/314 p.32  
Cancer, German CAM treatment, #307/308 p.69, #311 p.34–6  
Cancer, Gonzalez on William Kelley, online, #313/314 p.20  
Cancer, Harvard antioxidant study, #310 p.21  
Cancer, hyperthermia (heat therapy), online, #310 p.42  
Cancer, immunosuppressive drugs, #313/314 p.24  
Cancer, John Beard trophoblast theory, #307/308 p.69–70  
Cancer, Mirko Beljanski, #307/308 p.71–3  
Cancer, mitochondria defects & Peskin Protocol PEOs, #313/314 p.87–90  
Cancer, nanotechnology treatment, #313/314 p.32+  
Cancer, nutrition, #316 p.6+  
Cancer pain, integrative protocol, online, #313/314 p.120–1  
Cancer, Panzem (2-methoxyestradiol), #309 p.66–70  
Cancer prevention, antioxidants, #313/314 p.50  
Cancer prevention, B vitamins, #307/308 p.67  
Cancer prevention, environmental oncology centers, #313/314 p.31+  
Cancer prevention, Michael Galitzer, MD, #316 p.52–61  
Cancer prevention, tea, #312 p.21–2  
Cancer prevention, vegetarian diet, #312 p.83–5  
Cancer research, failure of war on cancer, online, #313/314 p.54–6  
Cancer, rice bran arabinoxylan compound, #310 p.85–9  
Cancer, selenium & cesium, #307/308 p.115  
Cancer, selenium lawsuit against FDA, #315 p.23  
Cancer, self-care, #313/314 p.46–9  
Cancer, self-care & informed consent, #313/314 p.38+  
Cancer, Simoncini bicarbonate treatment, #317 p.28–9  
Cancer survival, will to live, #309 p.103  
Cancer, trophoblasts & enzymes, #309 p.43  
Cancer, urea, #307/308 p.116  
Cancer, hyperthermia (heat therapy), #313/314 p.68–73  
Cancer, William Kelley & Nick Gonzalez, online, #313/314 p.74–81

## KEYWORD INDEX - 2009

- Candida albicans*, Chinese herbal medicine, #312 p.106–7  
 Carbohydrate-restricted diet, diabetic nephropathy, #307/308 p.97  
 Cardiac arrest, selenium, #317 p.34  
 Cardiomyopathy, fish oil, #307/308 p.58  
 Cardiomyopathy, psychological stress, #309 p.103+  
 Cardiovascular disease, #311 p.52–9  
 Cardiovascular disease, boluoke (lumbrokinase), #313/314 p.62–6  
 Cardiovascular disease, calcium, #307/308 p.67  
 Cardiovascular disease, clinical practice guidelines, #311 p.93  
 Cardiovascular disease, environmental factors, #311 p.98–9  
 Cardiovascular disease, high-intensity interval training, #311 p.100–1  
 Cardiovascular disease, hormone replacement therapy, #309 p.119–20  
 Cardiovascular disease, limbic breathing, #315 p.105–9  
 Cardiovascular disease, natural treatments, #311 p.54–8  
 Cardiovascular disease, potato chips, #316 p.27  
 Cardiovascular disease, prevention, #311 p.117–18  
 Cardiovascular disease, Prudent Heart Diet, #307/308 p.118  
 Cardiovascular disease, SpectraCell Laboratories test, #311 p.61–2  
 Cardiovascular disease, stress, online  
 Cardiovascular disease, Vein Lite, #311 p.86–8  
 Cardiovascular disease, vitamin D, #311 p.116+  
 Caregivers, self-care, online, #309 p.29+  
 Carnitine, ovarian cancer, #313/314 p.126–9  
 Cataracts, antioxidant enzyme systems, #310 p.120+  
 Cataracts, N-acetylcarnosine, #310 p.34  
 Cataracts, supplementation, #306 p.139–41  
 Cat's purr, frequency healing, #316 p.21  
 CBS Evening News, Ralph Moss, #309 p.41  
 Celiac disease, #306 p.63–4, #315 p.119–20  
 Celiac disease, B vitamins, #313/314 p.52  
 Celiac disease, diagnosis, #315 p.30  
 Center for Healing Arts DVDs, #311 p.51  
 Cerebrovascular disease, vitamins, #311 p.120+  
 Cervical cancer, prevention, #309 p.52–8  
 Cesarean section, online, #309 p.27+  
 Cesium, cancer, #307/308 p.115  
 Chakras, food, #313/314 p.112  
 Chamomile, anxiety, #317 p.32+  
 Charcoal, heavy metals, #309 p.79  
 Chelation, cancelled autism study, online, #306 p.33+  
 Chelation, heavy metals, online, #306 p.78–9, #309 p.79  
 Chelation, iron overload, online  
 Chelation, safety, #306 p.101–4, #311 p.90  
 Chemical miasm, migraines, #316 p.66–8  
 Chemical warfare, mushroom bioremediation, #309 p.88–91  
 Chemotherapy, glutamine, #316 p.15  
 Chemotherapy, magnesium, #313/314 p.134–5  
 Chemotherapy, vitamin C, #307/308 p.110+, #313/314 p.100–3+  
 Childbirth, McMoyler Method, #309 p.86–7  
 Child development, fish-mercury exposure, #307/308 p.57  
 Childhood abuse, brain change, #309 p.102  
 Children, succimer (DMSA) chelation, online, #306 p.33+  
 Chinese cancer clinics, #306 p.41–2  
 Chinese herbal medicine, autoimmune disease, #307/308 p.142–6  
 Chinese herbal medicine, cardiovascular function, #311 p.86–8  
 Chinese herbal medicine, fibromyalgia, online  
 Chinese herbal medicine, gallbladder, online  
 Chinese herbal medicine, gynecology, #306 p.128–9  
 Chinese herbal medicine, irritable bowel syndrome & diarrhea, #315 p.46–8  
 Chinese herbal medicine, nosocomial fungal infections, #312 p.106–7  
 Chinese herbal medicine, oncology, #313/314 p.114–17  
 Chinese herbal medicine, premature ovarian failure, online, #309 p.99–101  
 Chinese herbal medicine, premature ventricular contractions, online  
 Chinese herbal medicine, psychiatry & depression, online  
 Chiropractic, hypertension, online  
 Chiropractic, Standard Process scholarships, #312 p.20  
 Chlorination, cancer risk, #313/314 p.28  
 Chocolate, depression, #317 p.42–3  
 Cholecystectomy, Chinese herbal medicine, online  
 Cholesterol, #311 p.20, #311 p.60–2  
 Cholesterol, cranberry extract, #310 p.40  
 Cholesterol, treatment, #311 p.110  
 Choline, homocysteine, #307/308 p.56+  
 Chromium, diabetes, #310 p.38  
 Chronic fatigue syndrome, antiphospholipid antibody syndrome, #316 p.20  
 Chronic fatigue syndrome, breathing techniques, #316 p.20+  
 Chronic fatigue syndrome, d-ribose, #306 p.137–8  
 Chronic fatigue syndrome, electromagnetic pollution, #316 p.21+  
 Chronic fatigue syndrome, exercise, #316 p.22  
 Chronic fatigue syndrome, lipid replacement & antioxidants, online  
 Chronic fatigue syndrome, Lyme disease, online, #312 p.70–5  
 Chronic fatigue syndrome, Teitelbaum protocol, #316 p.15, #316 p.102–7  
 Chronic illness, biofilm, #312 p.30  
 Chronic illness, caregivers, online, #309 p.29+  
 Chronic illness, functional lab tests, online, #306 p.80–9  
 Chronic illness, vitamin D, online  
 Cigarette cravings, cranial electrotherapy stimulation, #311 p.81–5  
 Cimetidine (Tagemet), anticancer agent, #307/308 p.116  
 Cirrhosis, probiotics, #307/308 p.58  
 Cisplatin, magnesium, #313/314 p.134–5  
 Cleaning products, volatile organic compounds, #316 p.23  
 Clostridium difficile, fecal transplantation, #315 p.29+  
 Clostridium difficile, probiotics & brewer's yeast, #312 p.90  
 Coconut, diarrhea, #315 p.30  
 Coenzyme Q10, ConsumerLab.com, #311 p.25  
 Coenzyme Q10, coronary bypass surgery, #311 p.38  
 Coenzyme Q10, heart failure, #311 p.39  
 Coenzyme Q10, hypertension, #311 p.26  
 Coenzyme Q10, preeclampsia, #315 p.44  
 Cognitive behavioral therapy, depression, #317 p.20+  
 Cognitive dysfunction, Lipitor, #311 p.64–70  
 Cognitive function, Amyloban 3399, #310 p.94–5  
 Colds, stress, #312 p.110  
 Coleus forskohlii, metabolic syndrome, online  
 Coley's toxins, cancer, online, #307/308 p.116–17, #313/314 p.56  
 Colitis, Clostridium difficile, #315 p.29+  
 Colon cancer, green tea extract, #313/314 p.51  
 Colonic irrigation, colonoscopy, #307/308 p.44+  
 Colonoscopy, colonic irrigation, #307/308 p.44+  
 Colorectal cancer, alternative treatment, online, #309 p.78  
 Colorectal cancer, meat consumption, #307/308 p.115–16  
 Common cold, insufficient sleep, #317 p.36  
 Communication, doctor-patient, #306 p.119  
 Complementary & alternative medicine, #310 p.19  
 Complementary & alternative medicine, Annie Appleseed Project, #306 p.130–1  
 Complementary & alternative medicine, cancer, #313/314 p.107+, #316 p.62–4  
 Complementary & alternative medicine, cancer prevention, #316 p.52–61  
 Complementary & alternative medicine, China clinics, #306 p.41–2  
 Complementary & alternative medicine, colorectal cancer, online, #309 p.78  
 Complementary & alternative medicine, federal policy, #307/308

# KEYWORD INDEX

- p.28–30  
**Complementary & alternative medicine, German cancer treatment**, #307/308 p.69, #311 p.34–6  
**Complementary & alternative medicine, health care reform**, #315 p.25  
**Complementary & alternative medicine, integrating with conventional medicine**, #306 p.119  
**Complementary & alternative medicine, Jonathan Collin, MD, online**, #306 p.6  
**Complementary & alternative medicine, Kaiser Permanente, online**, #306 p.20, #306 p.39–40  
**Complementary & alternative medicine, media bias**, #307/308 p.101–6  
**Complementary & alternative medicine, Medicare drug coverage, online**, #310 p.43–3  
**Complementary & alternative medicine, NCCAM research funding**, #307/308 p.31–2  
**Complementary & alternative medicine, orthomolecular psychiatry**, #311 p.22–3  
**Complementary & alternative medicine, philosophy**, #310 p.90–3  
**Complementary & alternative medicine, usage 2007**, #316 p.44–5  
**Computed tomography (CT), online**, #306 p.33  
**Computed tomography (CT), radiation hazards, online**, #306 p.36  
**Conflict of interest, medical journals**, #306 p.46+  
**Congestive heart failure, treatment**, #311 p.111  
**ConsumerLab.com, coenzyme Q10**, #311 p.25  
**ConsumerLab.com, Ginkgo biloba**, #310 p.20  
**ConsumerLab.com, melatonin supplements**, #306 p.24  
**ConsumerLab.com, menopause supplements**, #309 p.21  
**Contraceptives, St. John's wort, online**, #312 p.116–17  
**Cookusinterruptus.com, whole foods cooking, online**, #315 p.96  
**COPD, estrogen, online**  
**Coronary artery calcification, vitamin K**, #316 p.26  
**Coronary bypass surgery, coenzyme Q10**, #311 p.38  
**Coronary heart disease, sugar-sweetened drinks**, #315 p.43+  
**Cranberry extract, cholesterol**, #310 p.40  
**Cranial electrotherapy stimulation, cigarette cravings**, #311 p.81–5  
**Creativity, mindfulness**, #316 p.84  
**Cruciferous vegetables, detoxification**, #313/314 p.26  
**Cystic fibrosis, glutathione inhalation**, #306 p.46  
**Cytochrome P-450 detoxification, Splenda**, #310 p.34–5  
**Cytokines, systemic enzyme support**, #311 p.71–4
- ## D
- DASH (Dietary Approaches to Stop Hypertension) diet**, #311 p.102–3  
**DeFelice, Stephen L., MD, ovarian cancer study**, #313/314 p.126–9  
**Dementia, B vitamins**, #311 p.40  
**Demonstrations, 1960s**, #310 p.6+  
**Depression, Chinese herbal medicine, online**  
**Depression, cognitive behavioral therapy**, #317 p.20+  
**Depression, exercise**, #317 p.100–1  
**Depression, expressive writing**, #317 p.24  
**Depression, homeopathy**, #317 p.41–3  
**Depression, lifestyle**, #317 p.92  
**Depression, L-methylfolate (Deplin)**, #317 p.104  
**Depression, nutrients**, #317 p.21  
**Depression, nutrition, online**, #307/308 p.89–95  
**Depression, orthomolecular medicine, online**, #317 p.52–5  
**Desferal, iron overload, online**  
**DeShazo, Dr. Claude, cancer *Renewal*, online**, #313/314 p.19+  
**Detoxification, cruciferous vegetables**, #313/314 p.26  
**Detoxification, Dietrich Klinghardt, MD, PhD, online**, #315 p.20, #315 p.59–66  
**DHEA (dehydroepiandrosterone), bone mass**, #316 p.28  
**DHEA (dehydroepiandrosterone), prostate cancer**, #313/314 p.23  
**Diabetes, adjustable gastric banding**, #310 p.24+  
**Diabetes, afferent vagus, online**  
**Diabetes, anti-aging medicine**, #310 p.104–6  
**Diabetes, chromium & biotin**, #310 p.38  
**Diabetes, complications**, #310 p.54–60  
**Diabetes, dysoxygenosis, online**  
**Diabetes, inhalation insulin and insulin sprays, online**, #306 p.106–10  
**Diabetes, insufficient sleep**, #317 p.35  
**Diabetes, osteocalcin & leptin**, #310 p.33  
**Diabetes, Salish culture**, #310 p.74–84  
**Diabetes, supplements**, #310 p.55–9, #310 p.78–81+  
**Diabetes, vegan & raw diet, online**  
**Diabetic nephropathy**, #310 p.55+  
**Diabetic nephropathy, alpha-lipoic acid**, #316 p.27  
**Diabetic nephropathy, naturopathic interventions**, #307/308 p.96–100  
**Diabetic nephropathy, vitamin D**, #310 p.38  
**Diabetic retinopathy**, #310 p.55  
**Diabetic retinopathy, vitamin B 12**, #310 p.38+  
**Diarrhea, Chinese herbal medicine**, #315 p.46–8  
**Diarrhea, Clostridium difficile infection**, #312 p.90  
**Diarrhea, coconut**, #315 p.30  
**Diarrhea, zinc**, #306 p.47  
**Dietary Supplement Health and Education Act of 1994 (DSHEA 94), revision possibilities**, #307/308 p.63–4+  
**Diet, cancer patients**, #313/314 p.28–9+  
**Diet, disease management**, #307/308 p.50–1  
**Diet, GenoType diet**, #315 p.97  
**Diet, hypertension**, #311 p.102–3  
**Diet, leafy greens, online**, #310 p.109–10  
**Diet, mental health, online**, #307/308 p.89–95  
**Diet, osteoporosis**, #309 p.48–9  
**Diet, vegetarian**, #310 p.62–8  
**Diet, weight loss**, #310 p.33+  
**Digestion, metaphor for life, online**  
**Disease, food & nutrients**, #311 p.95  
**Disease management, nutrition**, #307/308 p.50–1  
**Disease, vitamin D deficiency**, #309 p.106–7  
**Distilled water, nutritional deficiencies**, #307/308 p.45  
**Diuretics, potassium levels**, #310 p.20  
**Dobbins, Michael, DC, Standard Process award**, #317 p.19  
**Doctor-patient relationship, communication**, #306 p.119  
**Doctor-patient relationship, energy**, #307/308 p.48  
**Doctor-patient relationship, PeaceHealth Touchstones**, #307/308 p.52–4  
**Doctor-patient relationship, placebo**, #309 p.72–7  
**Dogs, mental health**, #317 p.93  
**Dorman, Thomas, MD (obituary)**, #311 p.21  
**Double-blind trials**, #309 p.72–7, #313/314 p.109  
**Douglas Laboratories, website**, #312 p.20  
**Down syndrome, homeopathy**, #316 p.111–13  
**Doxorubicin, ovarian cancer**, #313/314 p.126–9  
**D-pinitol, polycystic ovary syndrome, online**, #309 p.44  
**D-ribose, chronic fatigue syndrome & fibromyalgia**, #306 p.137–8  
**Drugs, supplement interactions**, #313/314 p.111  
**Dry eyes, vitamin A eye drops, online**, #312 p.50  
**Dysbiosis, multiple chemical sensitivity & fibromyalgia**, #316 p.99–101  
**Dysmenorrhea, ginger powder**, #315 p.42+  
**Dysoxygenosis, diabetes, online**  
**Dysoxygenosis, inflammation, online**
- ## E
- Ear disorders, nutrition**, #317 p.94–5  
**Eclampsia, online**  
**Ecology, vegetarian diet**, #311 p.75–80  
**Eczema, seasonal allergies, online**

EDTA chelation, iron overload, online  
 EDTA, side effects, #311 p.90  
 Electro-Acupuncture according to Voll (EAV), online, #306 p.34  
 Electromagnetic pollution, blood sugar & diabetes, #310 p.24  
 Electromagnetic pollution, fibromyalgia & chronic fatigue, #316 p.21+  
 Electromagnetic pollution, Graham/Stetzer filters, #310 p.24  
 Electromagnetic pollution, *Public Health SOS: The Shadow Side of the Wireless Revolution*, #316 p.24  
 Electromagnetic pollution, sleep, #317 p.60–2  
 Electro-Physio-Feedback-Xrroid (EPFX), *Seattle Times* investigation, online, #306 p.35+  
 Electro-Scanning Method, online, #306 p.37  
 Emotional sensitivity, illness, online, #315 p.25–6  
 Emotion, behavior change, online, #309 p.27  
 Emphysema, estrogen, online  
 EMPowerplus, bipolar disorder, #317 p.21–2  
 Endometriosis, online, #309 p.59–62  
 Endometriosis, Pycnogenol (pine bark extract), #307/308 p.153  
 Energy devices, SCIO/EPEX, #307/308 p.59–62  
 Energy devices, Washington state, online, #306 p.35+  
 Energy, doctor-patient relationship, #307/308 p.48  
 Energy medicine, online, #307/308 p.79–82  
 Energy medicine, diabetes, #310 p.82–3+  
 Environmental factors, autism, #311 p.24  
 Environmental illness, *The Spiritual Anatomy of Emotion: How Feelings Link the Brain, the Body, and the Sixth Sense*, online, #315 p.25–6  
 Environmental oncology centers, #313/314 p.31+  
 Enzymes, cancer, #309 p.43  
 Epigallocatechin-3-gallate (See also Green tea extract)  
 Epigallocatechin-3-gallate, HIV-AIDS, online  
 Epigenetics, breast cancer, #313/314 p.47  
 Epilepsy, low-glycemic-index diet, #315 p.44  
 Ergot miasm, migraines, #316 p.66–8  
 Esophageal cancer, hot tea, #312 p.28  
 Esophageal cancer, silica fibers, #307/308 p.116  
 Essential oils, #316 p.86  
 Estriol, FDA, online, #309 p.26+  
 Estrogen, blood circulatory, #311 p.92  
 Estrogen dominance, premenstrual syndrome (PMS), online, #309 p.30+  
 Estrogen, emphysema & COPD, online  
 Estrogen-responsive disease, Myomin, #317 p.70–4  
 Ethnobotany, Amazon basin, #307/308 p.132–3  
 Evidence-based medicine, cardiovascular clinical practice guidelines, #311 p.93  
 Evidence-based medicine, diet & nutrition, #311 p.95  
 Exercise, cachexia, #313/314 p.118–19  
 Exercise, cardiovascular disease, #311 p.100–1  
 Exercise, chronic fatigue syndrome, #316 p.22  
 Exercise, depression, #317 p.100–1  
 Exercise, fibromyalgia, #316 p.22  
 Exercise, gastrointestinal tract, online  
 Exercise, immune function, #312 p.111–12  
 Exercise, inflammation, online  
 Exercise, metabolic syndrome, #310 p.107–8  
 Exercise, weight loss, #316 p.114–15  
 Extrasystoles, Chinese herbal medicine, online

## F

Farnsworth, Gerald, DC, ND, National College of Natural Medicine (Portland, Oregon), online, #317 p.18  
 Fatigue, Healing Touch, #316 p.17  
 FDA (Food and Drug Administration), bioidentical hormone replacement therapy, online  
 FDA, bioidentical hormone replacement therapy, #307/308 p.111+, #309 p.26+  
 FDA, selenium/cancer risk reduction lawsuit, #315 p.23

Fecal transplantation, *Clostridium difficile* colitis, #315 p.29+  
 Feldenkrais, fibromyalgia & chronic fatigue, #316 p.22  
 Fibrocystic breast disease, lymphatic system, #309 p.95–8  
 Fibromyalgia, Chinese herbal medicine, online  
 Fibromyalgia, d-ribose, #306 p.137–8  
 Fibromyalgia, electromagnetic pollution, #316 p.21+  
 Fibromyalgia, exercise, #316 p.22  
 Fibromyalgia, Jacob Teitelbaum, MD, #316 p.15  
 Fibromyalgia, microbotica imbalances, #316 p.99–101  
 Fibromyalgia, Myers cocktail, #316 p.26  
 Fibromyalgia, Teitelbaum protocol, #316 p.102–7  
 Financial stress, homeopathy, #311 p.49–50  
 Fish oil, cardiomyopathy, #307/308 p.58  
 Fish, pregnancy, #307/308 p.57  
 Flavonoids (Limbrel), osteoporosis, #316 p.118  
 Flour, mold contamination, #315 p.36  
 Fluoride, hypothyroidism, #309 p.82  
 Focal cryoablation, prostate cancer, #307/308 p.68  
 Folic acid, USPSTF update, #316 p.118+  
 Folic acid, vitamin B12 deficiency, online, #312 p.49+  
 Food additives, kidney disease, #316 p.27  
 Food allergies, IgG allergy testing, #306 p.60–4  
 Food, antioxidant-rich, #306 p.118  
 Food, chakras, #313/314 p.112  
 Food cravings, #306 p.50–1  
 Food, digestion & life, online  
 Food, disease, #311 p.95  
 Food, life span, #310 p.99–100  
*Food Matters*, therapeutic nutrition, #313/314 p.30  
 Food, safety, #307/308 p.56  
 Food Safety Modernization Act of 2009, #312 p.39–40  
 Food sensitivities, #315 p.53  
 Food sensitivities, psychoneuroimmunoendocrinology, online  
 Food, web sources for raw diet, online  
 Forgiveness, healing, #309 p.104  
 Forskolin, metabolic syndrome, online  
 Foster, Harold D. (obituary), #317 p.16  
 Fragrances, volatile organic compounds, #316 p.23  
 Frequency healing, cat's purr, #316 p.21  
 Frequency healing technology, SCIO/EPEX, #307/308 p.59–62  
 Fructose, abdominal pain, #307/308 p.56  
 Fructose, irritable bowel syndrome, #306 p.44  
 Functional medicine, online, #306 p.36+  
 Functional medicine, bioenergetic devices, online, #306 p.34  
 Functional medicine, Dr. Jeffrey Bland, online, #313/314 p.6+  
 Functional medicine, immune competency lab tests, online, #306 p.80–9  
 Functional medicine, laboratory testing, online, #306 p.21

## G

Gallbladder, Chinese herbal medicine, online  
 Gangrene, amputation prevention, #307/308 p.117+  
 Gardasil, #309 p.53+  
 Garlic, MRSA (methicillin-resistant *Staphylococcus aureus*), online, #312 p.43  
 Gastric banding, diabetes, #310 p.24+  
 Gastritis, *Helicobacter pylori*, #315 p.30+  
 Gastro-esophageal reflux disease (See GERD)  
 Gastrointestinal disorders, mastic gum (*Pistacia lentiscus*), #315 p.56–8  
 Gastrointestinal flora, Splenda, #310 p.34–5  
 Gastrointestinal tract, #309 p.113–14  
 Gastrointestinal tract, biofilms, #315 p.67–71  
 Gastrointestinal tract, exercise, online  
 Gastrointestinal tract, probiotics, #307/308 p.24–6  
 Gaza, #309 p.6+  
 Genetic disorders, homeopathy, #316 p.111–13  
 Genetics, epigenetics, #310 p.96–8  
 Genetics, personalized cancer treatment, #313/314 p.32

# KEYWORD INDEX

GenoType diet, #315 p.97  
GERD, #315 p.32  
Germany, CAM, #311 p.34–6  
Gerontology, academic deceit, #313/314 p.42–3  
Ginger, #307/308 p.45+  
Ginger, dysmenorrhea, #315 p.42+  
Ginger, morning sickness, #317 p.105  
*Ginkgo biloba*, ConsumerLab.com, #310 p.20  
*Ginkgo biloba*, treatment-resistant schizophrenia, #310 p.40  
Glucosamine/chondroitin Arthritis Intervention Trial (GAIT), #307/308 p.104–6  
Glutamine, chemotherapy, #316 p.15  
Glutathione inhalation, cystic fibrosis, #306 p.46  
Gluten sensitivity, #306 p.63–4  
Glycosis, dysoxygenosis, online  
Gonzalez, Dr. Nicholas, Kelley's cancer program, online, #313/314 p.20  
Gonzalez, Dr. Nicholas, William Donald Kelley, DDS, online, #313/314 p.74–81  
Graham/Stetzer filters, electromagnetic pollution, #310 p.24  
Grapes, radiation protection, #317 p.29–30  
Greed, health care system, #306 p.117  
Green tea extract, blood pressure, #307/308 p.66  
Green tea extract, chronic lymphocytic leukemia, #317 p.30  
Green tea extract, colon cancer, #313/314 p.51  
Green tea extract, HIV-AIDS, online  
Green tea extract, leukemia & lymphoma remissions, #315 p.38–40  
Greider, Carol W., PhD, Nobel prize, #317 p.17  
Growth hormone secretagogues, online, #306 p.20, #306 p.52–9  
Guided imagery, insomnia, #309 p.104  
Gum disease, #306 p.28  
Gum disease, heart disease, #312 p.96

## H

Hair mineral analysis, psychophysiological functions, #307/308 p.112–13  
Harun, Adrienne, *Townsend Letter*, online, #306 p.20  
Hashimoto's disease, #316 p.88–9  
Hawthorne, heart disease, #311 p.26  
Hay fever, naturopathy, online  
Healing, forgiveness, #309 p.104  
Healing Touch, Wake Forest clinical study, #316 p.17  
Healing traditions, Africa, #307/308 p.122–7  
Health care costs, Dartmouth Atlas Project, #311 p.28+  
Health care freedom, #307/308 p.28–30  
Health care, National Health Corps, online, #309 p.22–4  
Health care reform, #311 p.6+  
Health care reform, anti-aging medicine, #316 p.39–40  
Health care reform, availability of CAM, #317 p.82–3  
Health care reform, complementary & alternative medicine, #315 p.25  
Health care reform, debate, #316 p.120–1  
Health care reform, medical socialism, online, #317 p.86+  
Health care reform, prevention, online, #315 p.6+  
Health care reform, socialism, online  
Health care reform, status quo, online, #312 p.23–5  
Health care system, greed, #306 p.117  
HealthCorps, Dr. Jeffrey Bland, #315 p.21  
Health history, online service, #306 p.37+  
Heartburn, #315 p.32, #315 p.53  
Heart disease, *Coleus forskohlii*, online  
Heart disease, environmental factors, #311 p.98–9  
Heart disease, hawthorne, #311 p.26  
Heart disease, inflammation, online  
Heart disease, nutrition, #315 p.110  
Heart disease, periodontal disease, #312 p.96  
Heart disease, sugar-sweetened drinks, #315 p.43+  
Heart disease, vegetarian diet, #312 p.82–3  
Heart disease, Xuezhikang (red yeast rice extract), #311 p.38  
Heart palpitations, feather/limbic breathing, #315 p.105–9  
Heavy metals, attention deficit hyperactivity disorder (ADHD), online, #307/308 p.83–8  
Heavy metals, blood metal analysis, online, #306 p.73–9  
Heavy metals, cardiovascular disease, #311 p.98–9  
Heavy metals, charcoal, #309 p.79  
Heavy metals, chelation vs. homeopathics & bioresonance, #306 p.101–4  
*Helicobacter pylori*, gastritis, #315 p.30+  
Hemorrhoids, homeopathy, #309 p.108–9  
Hepatic encephalopathy, probiotics, #307/308 p.58  
Hepatitis C, personality, #309 p.102+  
Hepatitis, red yeast rice, online, #309 p.45  
Herbs, premenstrual syndrome (PMS), #317 p.104+  
Hiatal hernia syndrome, online, #307/308 p.76–8  
High blood pressure [See Hypertension]  
High-fructose corn syrup, agave nectar, #310 p.69–73  
High-fructose corn syrup, industry propaganda, #309 p.83  
High-fructose corn syrup, safety, #313/314 p.52  
HIV-AIDS, Christine Maggiore, online, #310 p.46–9, #311 p.104–9  
HIV-AIDS, green tea extract, online  
Hoffer, Abram, MD, PhD (obituary), online, #313/314 p.21, #315 p.42  
Hoffer, Abram, MD, PhD, bipolar disorder, #317 p.15  
Hoffer, Abram, MD, PhD, cancer protocol, #313/314 p.60–1  
Hoffer, Abram, MD, PhD, schizophrenia, online  
Hokto Kinoko, USA, mushroom-growing facility, #306 p.23  
Holistic health, Center for Healing Arts DVDs, #311 p.51  
Holistic medicine, #310 p.19  
Homeopathic products, BiomedComm court case, #307/308 p.42  
Homeopathics, heavy metals, #306 p.102  
Homeopathy, acupuncture, online, #307/308 p.79–82  
Homeopathy, acute infections, #312 p.44–6  
Homeopathy, allergies, online, #310 p.111–13  
Homeopathy, attention deficit hyperactivity disorder (ADHD), #317 p.56–9  
Homeopathy, autopathy, #307/308 p.44  
Homeopathy, chemical & ergot miasms, #316 p.66–8  
Homeopathy, chronic joint pain, #307/308 p.128–30  
Homeopathy, clinical studies for ADD/ADHD, #317 p.56–9  
Homeopathy, cost-effectiveness, #315 p.80–1  
Homeopathy, depression, #317 p.41–3  
Homeopathy, Down syndrome, #316 p.111–13  
Homeopathy, famous people, online  
Homeopathy, financial stress, #311 p.49–50  
Homeopathy, hemorrhoids, #309 p.108–9  
Homeopathy, influenza, #313/314 p.122–5  
Homeopathy, insect remedies, online, #315 p.49–51  
Homeopathy, irritable bowel syndrome & fibrocystic breasts, #306 p.125–7  
Homeopathy, *Lancet* studies, #310 p.22  
Homocysteine, choline, #307/308 p.56+  
Honey, MRSA (methicillin-resistant *Staphylococcus aureus*), online, #312 p.43  
Honey, mucositis, #306 p.45+  
Hormone replacement therapy, cardiovascular disease, #309 p.119–20  
Hot flashes, Chinese herbal medicine, #306 p.128–9  
Hydrochloric acid, bacterial infections, #307/308 p.118  
Hyperactivity, vitamin B6, #312 p.19  
Hyperbaric oxygen therapy, acute intermittent porphyria, #307/308 p.114  
Hyperbaric oxygen therapy, stroke, #307/308 p.118  
Hypercoagulability, boluoke (lumbrokinase), #313/314 p.62–6  
Hyperkinesis, vitamin B6 & serotonin deficiency, online  
Hypertension, breathing, #311 p.30+  
Hypertension, CAM therapies, #311 p.26  
Hypertension, Chiropractic, online  
Hypertension, food & nutrients, #311 p.102–3

Hypertension, insufficient sleep, #317 p.36  
 Hypertension, insulin resistance, #311 p.29  
 Hypertension, nattokinase, #311 p.39  
 Hypertension, potassium/sodium ratio, #307/308 p.66+  
 Hypertension, pregnancy, online  
 Hypertension, treatment, #311 p.111-12  
 Hyperthermia (heat therapy), cancer, online, #310 p.42, #313/314 p.20, #313/314 p.68-73  
 Hypothyroidism, adrenal stress, #316 p.88-9  
 Hypothyroidism, blood tests, #306 p.121-3  
 Hypothyroidism, fluoride, #309 p.82

**I**

IgG allergy testing, food allergies, #306 p.60-4  
 Illness, emotional sensitivity, online, #315 p.25-6  
 Immune competencies, functional lab tests, online, #306 p.80-9  
 Immune function, alkaline diet, #315 p.85-9  
 Immune function, exercise, #312 p.111-12  
 Immune function, laboratory testing, #316 p.90-4+  
 Immune function, stress, #312 p.108-9  
 Immune function, women's health, #306 p.66-8  
 Immune system dysregulation, systemic enzyme support, #311 p.71-4  
 Immunosuppression, vitamin D, online, #306 p.21, #306 p.113-15  
 Incontinence, prostatectomy, #307/308 p.68+  
 Industry propaganda, high-fructose corn syrup, #309 p.83  
 Infants, parental contact, #312 p.108  
 Infections, homeopathy, #312 p.44-6  
 Infections, intravenous dilute hydrochloric acid solutions, #306 p.118  
 Infections, probiotics, #317 p.33  
 Infections, stress, #312 p.110  
 Infections, vitamin D, online, #312 p.48+  
 Infectious Diseases Society of America (IDSA), Connecticut Attorney General investigation, #306 p.48-9  
 Infectious Diseases Society of America (IDSA), Lyme guideline review, #312 p.31+  
 Infertility, Chinese herbal medicine, online, #309 p.99-101  
 Inflammation, boluoke (lumbrokinase), #313/314 p.62-6  
 Inflammation, dysoxygenosis, online  
 Inflammation, heart disease, online  
 Inflammation, high-intensity exercise, online  
 Inflammatory bowel disease, low-dose naltrexone, #315 p.32+  
 Influenza, H1N1, #312 p.6+  
 Influenza, homeopathy, #313/314 p.122-5  
 Influenza vaccination, myocardial infarction, #312 p.108  
 Insect remedies, homeopathy, online, #315 p.49-51  
 Insomnia, guided imagery, #309 p.104  
 Insomnia, health effects, #317 p.35-6  
 Insomnia, relaxation & behavior therapy, #317 p.22  
 Insulin, afferent vagus, online  
 Insulin, glycosis, online  
 Insulin, inhalation, rectal, and spray, online, #306 p.106-10  
 Insulin-like growth factors, #306 p.53-9  
 Insulin resistance, Alzheimer's disease, #310 p.23  
 Insulin resistance, hypertension, #311 p.29  
 Integrative and functional medicine, #306 p.95-8  
 Integrative cancer treatment, #313/314 p.100-3+  
 Integrative manual therapy, pregnancy, #309 p.63-5  
 Integrative medicine, Ayurveda, #315 p.28+  
 Integrative medicine, Ayurvedic sustainable integration, online, #310 p.50-2  
 Integrative medicine, breast cancer, #313/314 p.46-9, #313/314 p.133  
 Integrative medicine, cancer prevention, #316 p.52-61  
 Integrative medicine, federal policy, #307/308 p.28-30  
 Integrative medicine, health care reform, #315 p.25  
 Integrative medicine, history of, online

Integrative medicine, Institute of Medicine summit, online, #313/314 p.44-5, #315 p.78-81  
 Integrative medicine, Kathi J. Kemper, MD, MPH, #307/308 p.41  
 Integrative medicine, National Health Corps, online, #309 p.22-4  
 Integrative medicine, orthomolecular psychiatry, #311 p.22-3  
 Integrative Pediatrics Council, #307/308 p.41  
 Interactions, drug-nutrient, #313/314 p.111  
 Interesterified fats, blood sugar, #310 p.32+  
 Interval exercise, cardiovascular disease, #316 p.114-15  
 Iodine, deficiency, #309 p.92-4  
 Iodine, prenatal vitamins, #311 p.40  
 Iridology, #307/308 p.107-9  
 Iron, cancer, #307/308 p.115-16  
 Iron overload, chelation, online  
 Irritable bowel syndrome, Chinese herbal medicine, #315 p.46-8  
 Irritable bowel syndrome, fructose, #306 p.44  
 Irritable bowel syndrome, homeopathy, #306 p.125-7  
 Irritable bowel syndrome, naturopathy, #315 p.102-4, #315 p.115-18  
 Irritable bowel syndrome, probiotics, #315 p.29  
 Irritable bowel syndrome, psychoneuroimmunoendocrinology, online  
 Irritable bowel syndrome, underlying causes, #315 p.52-3

**J**

Jemsek, Joseph, MD, insurance lawsuit, #312 p.32+  
 Jet lag, #317 p.97-8  
 Joint pain, homeopathy, #307/308 p.128-30  
 Journaling, depression relief, #317 p.24

**K**

Kaiser Permanente, complementary treatments, online, #306 p.20, #306 p.39-40  
 Kelley, William Donald, DDS, Dr. Nicholas Gonzalez, online, #313/314 p.74-81  
 Keppler, William J., PhD, National College of Natural Medicine (Portland, Oregon), online, #317 p.18  
 Khellin, seasonal allergies, online  
 Kidney disease, diabetic diet, #307/308 p.96-100  
 Kidney disease, food additives, #316 p.27  
 Klenner, Frederick, multiple sclerosis, #307/308 p.118  
 Klinghardt, Dietrich, MD, PhD, detoxification, online, #315 p.20  
 Klinik St. Georg, integrative cancer treatment, #313/314 p.70-3  
 Knockout, CAM & cancer, #316 p.52-61, #316 p.62-4  
 Kombucha tea, #316 p.41-2  
 Krebs cycle, insulin, online

**L**

Laboratory testing, functional medicine, online, #306 p.21  
 Laboratory testing, immune function, #316 p.90-4+  
 Lachesis, hemorrhoids, #309 p.109  
 Laser therapy, pain relief, #316 p.23+  
 Lead exposure, calcium supplements during pregnancy, online, #312 p.50  
 Leafy greens, age-related macular degeneration, online, #310 p.109-10  
 Lee-Bloem, Alice W., MD, Maryland board, #311 p.22-3  
 Leucine, cachexia, #313/314 p.118-19  
 Leukemia, green tea extract, #315 p.38-40, #315 p.38-40, #317 p.30  
 L-glutamine, pancreatitis, #311 p.39+  
 Lieberman, Shari, PhD (obituary), online, #315 p.19+  
 Life span, food, #310 p.99-100  
 Lifestyle, depression, #317 p.92  
 Lifestyle, society, #316 p.85  
 Ligament, healing, #310 p.101  
 Lion's Mane (*Hericium erinaceum*), cognitive function, #310 p.94-5

# KEYWORD INDEX

- Lipitor, memory loss, #311 p.20, #311 p.64–70  
Lipoprotein Particle Profile test, #311 p.61–2  
Lithium, amyotrophic lateral sclerosis, #306 p.46  
Liver disease (See also Nonalcoholic steatohepatitis), high-fructose corn syrup and trans fatty acids, #317 p.34  
Liver flush, #315 p.91+  
Liver inflammation, medications, #316 p.108–9  
L-methylfolate (Deplin), schizophrenia & depression, #317 p.104  
Longevity, diet, #310 p.99–100  
Low back pain, Biological Immunity Analysis®, online  
Low-glycemic diet, epilepsy, #315 p.44  
Low-glycemic diet, weight loss, #310 p.33+  
Low level laser technology, stroke recovery, #316 p.71–8  
L-tryptophan, aggressive behavior, #307/308 p.154–6  
Lung cancer, vitamin E, #307/308 p.67  
Lyme disease, #312 p.19  
Lyme disease, antibiotic alternatives, #312 p.36+  
Lyme disease, autism, online, #315 p.72–7  
Lyme disease, bacteria, #306 p.111–12+  
Lyme disease, *Borrelia* spirochetes, #312 p.31  
Lyme disease, chronic illness, #312 p.51–7, #312 p.97–8  
Lyme disease, clinical practice guidelines, #312 p.103–5  
Lyme disease, Connecticut Attorney General investigation, #306 p.48–9  
Lyme disease, dental health, #312 p.58–60  
Lyme disease, diagnosis, #312 p.37  
Lyme disease, Dietrich Klinghardt, MD, PhD, #312 p.62–5  
Lyme disease, IDSA guideline review, #312 p.31+  
Lyme disease, IDSA vs ILADS protocols, online, #312 p.70–5  
Lyme disease, long-term antibiotic therapy, #306 p.49  
Lyme disease, manganese, food, herbs, acupuncture, #315 p.90–1  
Lyme disease, naturopathy, #312 p.66–8  
Lyme disease, treatment failure, #312 p.92–5  
Lyme disease, *Under Our Skin*, #312 p.97–8  
Lyme-Induced Autism (LIA) Foundation conference 2009, online, #315 p.72–7  
Lymphatic system, positive ionic poisons, #309 p.95–8
- ## M
- Macular degeneration, B vitamins, #313/314 p.51+, #316 p.119  
Macular degeneration, leafy greens, online, #310 p.109–10  
Madoff, Bernard L., #307/308 p.6+  
Maggiore, Christine, online, #310 p.46–9, #311 p.104–9  
*Magnesium carbonica*, #310 p.112–13  
Magnesium, cisplatin side effects, #313/314 p.134–5  
Magnesium, complex regional pain syndrome, #317 p.34  
Magnesium, transdermal, #307/308 p.48–9  
Magnetic resonance imaging (MRI), online, #306 p.33  
Magnetized water, #307/308 p.46+  
Maitake Products, Inc., Breast-Mate, #315 p.109  
Mammography, #309 p.41–2+  
*Mangifera*, joint pain, #307/308 p.129–30  
Manic depression (See also Bipolar disorder), #317 p.21–2  
Marshall protocol, vitamin D, online, #306 p.21, #306 p.113–15, #307/308 p.119–20, #312 p.38–9, #316 p.78–9+  
Martin, Wayne, #307/308 p.115–18  
Mastic gum (*Pistacia lentiscus*), gastrointestinal disorders, #315 p.56–8  
McMoyler Method, childbirth, #309 p.86–7  
MDMA (Ecstasy) therapy, posttraumatic stress disorder, #317 p.23  
Media bias, #307/308 p.101–6  
Medical care reform [See Health care reform]  
Medical establishment, dissenters, online, #310 p.46–9  
Medical journals, conflict of interest, #306 p.46+  
Medical scans, online, #306 p.14, #306 p.33  
Medical socialism, health care reform, online, #317 p.86+  
Medicare, anticancer drug rule change, online, #310 p.43–4  
Medications, liver inflammation, #316 p.108–9  
Medicinal pairing, Chinese herbal medicine, #313/314 p.114–17  
Medicine, historical origins, #307/308 p.122–7  
Medicine, philosophy, #310 p.90–3  
Medicine, recession, #311 p.6+  
Melatonin supplements, ConsumerLab.com, #306 p.24  
Melatonin supplements, insomnia in autistic children, #317 p.32  
Memory loss, statin drugs, #311 p.20, #311 p.64–70  
Menopause supplements, ConsumerLab.com, #309 p.21  
Mental health, nutrients & yoga, #310 p.102  
Mental illness, companion animals, #317 p.93  
Mental illness, nutrition, online, #307/308 p.89–95  
Mercury, pregnancy, #307/308 p.57  
Metabolic syndrome, anti-aging medicine, #310 p.104–6  
Metabolic syndrome, *Coleus forskohlii*, online  
Metabolic syndrome, dysoxygenosis, online  
Metabolic syndrome, exercise, #310 p.107–8  
Metabolic syndrome, lipid replacement & antioxidants, online  
Metabolic syndrome, obesity, #311 p.27  
Metabolic syndrome, stress, online  
Metagenics, Alticor joint venture, #316 p.16  
Metal intoxication, blood metal analysis, online, #306 p.73–9  
Metastasis, #306 p.42–3  
Migraines, amino acid therapy, #312 p.89  
Migraines, homeopathy, #316 p.66–8  
Migraines, riboflavin, #307/308 p.58  
Milk (homogenized), #307/308 p.116  
Milk allergy, #315 p.42  
Mindfulness, creativity, #316 p.84  
Mineral ratios, psychophysiological functions, #307/308 p.112–13  
Mitochondria defects, cancer, #313/314 p.87–90  
Mitochondria defects, lipid replacement & antioxidants, online  
Mitochondria oxidopathy, online  
Mold, flour, #315 p.36  
Mood disorders, vitamin D deficiency, #317 p.104  
Morning sickness, ginger, #317 p.105  
Moss, Ralph, *CBS Evening News* misquote, #309 p.41  
MRSA (methicillin-resistant *Staphylococcus aureus*), community-associated, online, #312 p.42–3  
MRSA (methicillin-resistant *Staphylococcus aureus*), honey, online, #312 p.48  
Mucositis, honey, #306 p.45+  
Multilevel supplement sales, #307/308 p.8+  
Multiple chemical sensitivity, #316 p.35–8  
Multiple chemical sensitivity, microbiotica imbalances, #316 p.99–101  
Multiple chemical sensitivity, *The Spiritual Anatomy of Emotion: How Feelings Link the Brain, the Body, and the Sixth Sense*, online, #315 p.25–6  
Multiple sclerosis, Klenner treatment, #307/308 p.118  
Muscles, hypertension, online  
Mushrooms, Hokto Kinoko California facility, #306 p.23  
Mushrooms, Paul Stamets, #309 p.88–91  
Myalgia, vitamin D, #316 p.27  
Mycobacterial infection, hyperbaric oxygen therapy, #307/308 p.114  
*Mycoplasma*, tick-borne disease, #312 p.38  
Mycorestoration, #309 p.88–91  
Myers cocktail, fibromyalgia, #316 p.26  
Myocardial infarction, influenza vaccination, #312 p.108  
Myocardial infarction, risk factors, #309 p.103  
Myofascial pain syndrome, SHINE protocol, #316 p.102–7  
Myomin, aromatase inhibition, #317 p.70–4
- ## N
- N-acetylcarnosine, cataracts, #310 p.34  
N-acetylcysteine, obsessive-compulsive disorder, #317 p.34  
Naltrexone (low-dose), inflammatory bowel disease, #315 p.32+



## KEYWORD INDEX - 2009

- Nanotechnology, cancer treatment, #313/314 p.32+
- National Center for Complementary and Alternative Medicine (NCCAM), research funding, #307/308 p.31-2
- National College of Natural Medicine (Portland, Oregon), expansion, #306 p.22
- National College of Natural Medicine (Portland, Oregon), Gerald Farnsworth & William J. Keppler, online, #317 p.18
- National Health Corps, integrative medicine, online, #309 p.22-4
- Native medicine, diabetes, #310 p.74-84
- Nattokinase, hypertension, #311 p.39
- Natural health products, #309 p.85
- Naturopathy, #307/308 p.20-1
- Naturopathy, diabetic nephropathy, #307/308 p.96-100
- Naturopathy, endometriosis, online, #309 p.59-62
- Naturopathy, Frank G. Spaulding, online, #309 p.20
- Naturopathy, irritable bowel syndrome, #315 p.102-4, #315 p.115-18
- Naturopathy, Lyme disease, #312 p.66-8
- Naturopathy, Oregon formulary bill, #315 p.22
- Naturopathy, seasonal allergies, online
- Nausea, Healing Touch, #316 p.17
- Necrotizing enterocolitis, probiotics, online, #309 p.46
- Neuro-BioEnergetics, anti-aging, #316 p.81-3
- Neuroendocrine system, hair mineral analysis, #307/308 p.112-13
- Neurological health, tea, #312 p.21-2
- Neurotoxins, detoxification, #315 p.59-66
- Neurotransmitter deficiency, urinary testing, #306 p.91-4
- Nicotine addiction, cranial electrotherapy stimulation, #311 p.81-5
- Nonalcoholic steatohepatitis, high-fructose corn syrup and trans fatty acids, #317 p.34
- Nosocomial fungal infections, Chinese herbal medicine, #312 p.106-7
- Nutraceuticals, induction of adult stem cells, #317 p.64-9
- Nutrients, depression, #317 p.21
- Nutrients, disease, #311 p.95
- Nutritional deficiencies, Spectracell Laboratories, #306 p.66-8
- Nutritional medicine, research, #312 p.118-19
- Nutrition, anti-aging medicine, #315 p.110-12
- Nutrition, cachexia, #313/314 p.58-9
- Nutrition, cancer, #313/314 p.108, #316 p.6+
- Nutrition, cognitive and emotional well-being, online, #307/308 p.89-95
- Nutrition, ear disorders, #317 p.94-5
- Nutrition, *Food Matters*, #313/314 p.30
- Nutrition, sleep, #317 p.97-8
- Nutrition, stroke recovery, #310 p.40
- O**
- Obesity, cardiometabolic risk, #311 p.27
- Obsessive-compulsive disorder, N-acetylcysteine, #317 p.34
- Oldfield, Harry, online, #306 p.37
- Omega-3 polyunsaturated fatty acids, mental health, online, #307/308 p.92-3+
- Oncology (see Cancer)
- Oolichan oil, #310 p.76+
- Opiate withdrawal, acetyl-L-carnitine, #313/314 p.52
- Opinion, truth, #316 p.87
- Oral cavity, degenerative disease, #312 p.58-60
- Organic acid profiling, integrative and functional medicine, #306 p.97-8
- Organ transplantation, cancer risk, #313/314 p.24
- Orthomolecular medicine, online, #315 p.95
- Orthomolecular medicine, Abram Hoffer, MD, PhD, online
- Orthomolecular medicine, mental illness, #317 p.52-5
- Orthomolecular psychiatry, bipolar disorder, online, #317 p.44-50
- Orthomolecular psychiatry, Maryland board, #311 p.22-3
- Osteoarthritis, pine bark extract (Pycnogenol), #307/308 p.151+
- Osteocalcin, diabetes, #310 p.33
- Osteoporosis, alkaline diet, #309 p.48-9
- Osteoporosis, bisphosphonates, #312 p.76-81
- Osteoporosis, flavonoid mixture (Limbrel), #316 p.118
- Osteoporosis, fracture risk, #309 p.121
- Osteoporosis, iodine deficiency, #309 p.92-4
- Osteoporosis, seaweed (Aquamin), #316 p.118
- Osteoporosis, soy protein, #310 p.117-18+
- Osteoporosis, strontium, #316 p.28
- Osteoporosis, strontium & Vitamin K2, online, #309 p.32
- Ovarian cancer, carnitine & doxorubicin, #313/314 p.126-9
- Ovarian cancer, screening, #313/314 p.132+
- Oxygenation, online
- Oxygen, disease, online
- Oxygen homeostasis, limbic breathing, #315 p.105-9
- P**
- P5P (Vitamin B6), FDA, #311 p.92
- Pain, magnesium, #317 p.34
- Pain relief, Chinese herbal medicine, online
- Pain relief, laser therapy, #316 p.23+
- Palpitations, Chinese herbal medicine, online
- Panax ginseng*, Alzheimer's disease, online, #309 p.46
- Pancreatic cancer, Prof. Serge Jurasunas case report, online, #313/314 p.82-6
- Pancreatic cancer, William Kelley & Nick Gonzalez, online, #313/314 p.74-81
- Pancreatitis, antioxidants, #310 p.39+
- Pancreatitis, L-glutamine, #311 p.39+
- Pandemics, IV vitamin C, #312 p.6+
- Panic attacks, caffeine, online, #309 p.46, #310 p.95-6
- Panic disorder, caffeine, #316 p.80
- Panzem (2-methoxyestradiol), cancer, #309 p.66-70
- Paranormal, science, #310 p.36-7
- Paraxanthine, caffeine, #310 p.95-6
- Parental contact, infant mortality, #312 p.108
- Parkinson's disease, tea, #312 p.21-2
- PeaceHealth Touchstones, doctor-patient relationship, #307/308 p.52-4
- Peer-review, #307/308 p.102
- Periodontal disease, heart disease, #312 p.96
- Perimenopause symptoms, Pycnogenol (pine bark extract), #307/308 p.152
- Periodontal disease, #306 p.28
- Permaculture, online, #309 p.28+
- Personal care products, carcinogens, #313/314 p.30+
- Peskin Protocol PEOs, cancer, #313/314 p.87-90
- Pets, animal-to-human disease, #307/308 p.47+
- Pharmaceuticals, suicide risk, #317 p.20
- Pharmaceuticals, withdrawal from psychiatric drugs, #317 p.23+
- Phototherapy, pain relief, #316 p.23+
- Physician sales, supplements, #311 p.91+
- Phytotherapy, *Coleus forskohlii*, online
- Pine bark extract [See Pycnogenol]
- Placebo, #311 p.29+
- Placebo, doctor-patient relationship, #309 p.72-7
- Pollutants, attention deficit hyperactivity disorder (ADHD), online, #307/308 p.83-8
- Pollutants, cancer, #307/308 p.71-3
- Polycontrast Interference Photography, online, #306 p.37
- Polycystic ovary syndrome, d-pinitol, online, #309 p.44
- Polycystic ovary syndrome, lymphatic system, #309 p.95-8
- Polyol pathway, diabetes, #310 p.54+
- Porphyria, hyperbaric oxygen therapy, #307/308 p.114
- Positive ionic poisons, lymphatic system, #309 p.95-8
- Posttraumatic stress disorder, hippocampus, #309 p.102
- Posttraumatic stress disorder, MDMA (Ecstasy) therapy, #317 p.23

# KEYWORD INDEX

- Potassium, diuretics, #310 p.20  
Potassium/sodium ratio, hypertension, #307/308 p.66+  
Potato chips, cardiovascular disease, #316 p.27  
Preeclampsia, online  
Preeclampsia, coenzyme Q10, #315 p.44  
Pregnancy, diet, online, #309 p.44+  
Pregnancy, fish-mercury exposure, #307/308 p.57  
Pregnancy, hypertension, online  
Pregnancy, integrative manual therapy, #309 p.63–5  
Pregnancy, nausea & ginger, #317 p.105  
Pregnancy, vitamin D deficiency, #309 p.21  
Premature infants, probiotics, online, #309 p.46  
Premature ovarian failure, Chinese herbal medicine, online, #309 p.99–101  
Premature ventricular contractions, Chinese herbal medicine, online  
Premenstrual syndrome (PMS), chaste tree (*Vitex agnus-castus*), online, #309 p.30  
Premenstrual syndrome (PMS), estrogen dominance, online, #309 p.30+  
Premenstrual syndrome (PMS), ginkgo, #317 p.104+  
Prenatal vitamins, iodine, #311 p.40  
Probability theories, #309 p.75  
Probiotics, 2008 symposium, #307/308 p.24–6  
Probiotics, bacterial vaginosis, online, #309 p.44  
Probiotics, biofilms, #315 p.69–71  
Probiotics, cirrhosis, #307/308 p.58  
Probiotics, *Clostridium difficile*, #312 p.90  
Probiotics, infection prevention, #317 p.33  
Probiotics, irritable bowel syndrome, #315 p.29  
Probiotics, necrotizing enterocolitis, online, #309 p.46  
Probiotics, ulcerative colitis, online, #312 p.49  
Prostabel, prostate cancer, #307/308 p.72  
Prostate cancer, focal cryoablation, #307/308 p.68  
Prostate cancer, PSA tests & CAM, #313/314 p.104–6  
Prostate cancer, red clover & DHEA, #313/314 p.23  
Prostate cancer, SELECT study, #309 p.80+  
Prostate cancer, selenium, #313/314 p.50  
Prostatectomy, sexual dysfunction/incontinence, #307/308 p.68+  
Protein, vegetarian diet, #310 p.62–8  
PSA tests, prostate cancer, #313/314 p.104–6  
*Psilocybe* mushrooms, nerve gas, #309 p.91  
Psychiatric disorders, biomarkers, #306 p.70–2  
Psychiatric medications, withdrawal, #317 p.23+  
Psychiatry, Abram Hoffer, MD, PhD, online  
Psychic healing, Charles Tart, #310 p.36–7  
Psychological stress, homeopathy, #311 p.49–50  
Psychoneuroimmunoendocrinology, gastroenterology, online  
*Public Health SOS: The Shadow Side of the Wireless Revolution*, electromagnetic pollution, #316 p.24  
Pycnogenol (pine bark extract), endometriosis, #307/308 p.153  
Pycnogenol (pine bark extract), osteoarthritis, #307/308 p.151+  
Pycnogenol (pine bark extract), perimenopause symptoms, #307/308 p.152  
Pycnogenol (pine bark extract), venous insufficiency, #311 p.27+  
Pyridoxal 5'-phosphate, Medicare Pharma petition, #307/308 p.48
- Q**  
*Qi*, anti-aging, #316 p.81–3
- R**  
Radiation, computed tomography (CT), #306 p.36  
Radiation, electromagnetic pollution, #316 p.24  
Radiation, grapes, #317 p.29–30  
Radiation therapy, vitamin E, #313/314 p.51  
Radiology benefit managing companies, online, #306 p.33  
Raw milk, law, online  
Red clover, prostate cancer, #313/314 p.23  
Red wine, #316 p.42–3  
Red yeast rice, heart disease, #311 p.38  
Red yeast rice, hepatitis, online, #309 p.45  
Red yeast rice, statin drugs, #317 p.32  
Renal failure, advanced glycosylation end products (AGEs), #315 p.43  
Research, double-blind, controlled trials, #309 p.72–7, #313/314 p.109  
Research funding, complementary & alternative medicine, #307/308 p.31–2  
Research, media bias, #307/308 p.101–6  
Resistance exercise, cachexia, #313/314 p.118–19  
RESPeRATE, device-guided breathing, #311 p.30+  
Respiratory infection, proprietary mix of resveratrol, black elderberry, olive leaf compound, #315 p.54–5  
Restless legs syndrome, #317 p.98  
Resveratrol, #316 p.42–3  
Revici, Emanuel, cancer, #309 p.112–15  
Rheumatology, Chinese herbal medicine, #307/308 p.142–6  
*Rhus tox*, joint pain, #307/308 p.128–30  
Riboflavin, migraines, #307/308 p.58  
Rice bran arabinoxylan compound, anticancer effect, #310 p.85–9
- S**  
S-adenosyl-methionine (SAME), mental health, online, #307/308 p.90  
Salish culture, diabetes, #310 p.74–84  
Samueli Institute, Wellness Initiative for the Nation, #311 p.32–3  
Sauna therapy, lipophilic toxicants, online, #317 p.76  
Schizophrenia, Abram Hoffer, MD, PhD, online  
Schizophrenia, *Ginkgo biloba*, #310 p.40  
Schizophrenia, L-methylfolate (Deplin), #317 p.104  
Schizophrenia, nutrition, online, #307/308 p.89–95  
SCIO/EPEX, frequency healing technology, #307/308 p.59–62  
Seaweed (Aquamini), osteoporosis, #316 p.118  
Selenium and Vitamin E Cancer Prevention Trial (SELECT), prostate cancer, #309 p.80+  
Selenium, cancer, #307/308 p.115  
Selenium, cancer risk reduction lawsuit, #315 p.23  
Selenium, neurological outcome after cardiac arrest, #317 p.34  
Selenium, prostate cancer, #313/314 p.50  
Selenium, supplement quality, #307/308 p.58  
Serotonin, hyperkinesis, online  
Sexual dysfunction, prostatectomy, #307/308 p.68+  
Sexually transmitted infections, abstinence programs, #312 p.108  
Shor, Sam, MD, chronic Lyme disease, online, #312 p.70–5  
Sjögren's syndrome, Chinese herbal medicine, #307/308 p.142–6  
Sleep, electromagnetic pollution, #317 p.60–2  
Sleep, health, #317 p.35–6  
Socialism, health care reform, online  
Society, lifestyle, #316 p.85  
Society, United States, #317 p.106  
Sodium, paraxanthine, #310 p.95–6  
Soft tissue reflexes, hypertension, online  
Somers, Suzanne, #316 p.46–51  
Somers, Suzanne, ACAM Legacy Individual Award, online, #306 p.6  
Soybean farming, Brazil deforestation, #307/308 p.132–3  
Soy protein, osteoporosis, #310 p.117–18+  
Spaulding, Frank G., ND (obituary), online, #309 p.20  
Spirituality, Charles Tart, #310 p.36–7, #312 p.88  
Splenda, effects on gut flora, #310 p.34–5  
Spontaneous regression, breast cancer, #309 p.41–2+, #313/314 p.34+  
SSRIs, depression, online

Standard Process, chiropractic scholarships, #312 p.20  
 Standard Process, Michael Dobbins, DC, #317 p.19  
 Standard Process, purification program, #310 p.37  
 Statin drugs, online  
 Statin drugs, memory loss, #311 p.20  
 Statin drugs, red yeast rice, #317 p.32  
 Statin drugs, vitamin D, #316 p.27  
 Steatohepatitis, whey protein, #315 p.44  
 Stem cells, nutraceutical induction of adult stem cells, #317 p.64–9  
 Steroids, online  
 Stinging nettle (*Urtica dioica*), seasonal allergies, online  
 St. John's wort, oral contraceptives, online, #312 p.116–17  
 Stress, brain change, #309 p.102  
 Stress, cardiomyopathy, #309 p.103+  
 Stress, cardiovascular disease, online  
 Stress, immune function, #312 p.108–9  
 Stress, infections, #312 p.110  
 Stroke, hyperbaric oxygen therapy, #307/308 p.118  
 Stroke recovery, #311 p.96  
 Stroke recovery, low level laser technology, #316 p.71–6  
 Stroke recovery, nutrition, #310 p.40  
 Strontium, osteoporosis, online, #309 p.32, #316 p.28  
 Succimer (DMSA) chelation, cancelled study, online  
 Sugar, coronary heart disease, #315 p.43+  
 Sugar, testosterone levels, #317 p.83–4  
 Suicide risk, pharmaceutical assessment, #317 p.20  
 Supplements, #307/308 p.134–41  
 Supplements, bipolar disorder, #317 p.21–2  
 Supplements, brain damage, #309 p.81  
 Supplements, calorie restriction mimetics, #315 p.98–101  
 Supplements, diabetic complications, #310 p.55–9  
 Supplements, drug interactions, #313/314 p.111  
 Supplements, Harvard antioxidant study, #310 p.21  
 Supplements, multi-level sales, #307/308 p.8+  
 Supplements, physician sales, #311 p.91+  
 Supplements, quality control, #307/308 p.58  
 Sweeteners, agave nectar, #310 p.69–73  
 Swine flu, #312 p.6+  
 SX-Faction, diabetes & hypertension, #311 p.29  
 Systemic enzyme support, #311 p.71–4

## T

Tagemet, anticancer agent, #307/308 p.116  
 Tamiflu, adverse reactions, #313/314 p.99  
 Tamoxifen, Chinese herbal medicine, #306 p.128–9  
 Tart, Dr. Charles, #310 p.36–7, #312 p.88  
 Tea, neurological & health effects, #312 p.21–2  
 Telomeres, Nobel prize, #317 p.17  
 Tendon, healing, #310 p.101  
 Testosterone, sugar, #317 p.83–4  
 Tick-borne disease, #312 p.38  
 Tick-borne disease, treatment failure, #312 p.92–5  
 Ticks, #313/314 p.26  
 Tinnitus, mineral deficiency, #317 p.94–5  
 Tooth enamel, vitamin D in pregnancy, #309 p.21  
 Townsend Letter, ACAM Legacy Media Award, online, #306 p.6  
 Townsend Letter, editor, online, #306 p.20  
 Toxicant metabolism, online, #317 p.76  
 Toxic chemicals, personal care products, #313/314 p.30+  
 Transition Towns, online, #309 p.28+  
 Trophoblasts, cancer, #309 p.43  
 Trophoblasts, John Beard cancer theory, #307/308 p.69–70  
 Truehope Nutritional Support, supplements for bipolar disorder, #317 p.21–2  
 Truth, opinion, #316 p.87  
 Tryptophan, mental health, online, #307/308 p.90  
 Tuberculosis, micronutrient regimen, online, #312 p.48  
 Type A personality, heart disease, online

## U

Ulcerative colitis, probiotics, online, #312 p.49  
 Ulcers, *Helicobacter pylori*, #315 p.30+  
 United States, Barack Obama election, online, #306 p.8+  
 United States, hard times, #317 p.106  
 Upper respiratory infection, proprietary mix of resveratrol, black elderberry, olive leaf compound, #315 p.54–5  
 Urea, anticancer agent, #307/308 p.116  
 Urinary incontinence, BetterWOMAN, #311 p.91  
 Urinary neurotransmitter testing, #306 p.91–4  
 Urinary neurotransmitter testing, psychiatric biomarker, #306 p.70–2  
*Urtica dioica* (stinging nettle), online

## V

Vaccines, manufacturing of, online, #317 p.87–91  
 Vaginosis, probiotic treatment, online, #309 p.44  
 Vagus (afferent), diabetes, online  
 Vegan diet, diabetes, online  
 Vegetarian diet, #310 p.62–8, #315 p.92  
 Vegetarian diet, ecological benefits, #311 p.75–80  
 Vegetarian diet, health benefits, #312 p.82–7  
 Vein Lite, cardiovascular function, #311 p.86–8  
 Venous insufficiency, pycnogenol (pine bark extract), #311 p.27+  
 Vision therapy, autism spectrum disorders, #307/308 p.120–1  
 Vitamin A eye drops, dry eyes, online, #312 p.50  
 Vitamin B 12 & folate, mental health, online, #307/308 p.90+  
 Vitamin B 12, diabetic retinopathy, #310 p.38+  
 Vitamin B 12, folic acid, online, #312 p.49+  
 Vitamin B 6, FDA drugs, #311 p.92  
 Vitamin B 6, hyperactivity, #312 p.19  
 Vitamin B 6, hyperkinesis, online  
 Vitamin B, cancer prevention, #307/308 p.67  
 Vitamin B, celiac disease, #313/314 p.52  
 Vitamin B, cerebrovascular disease, #311 p.120  
 Vitamin B, dementia, #311 p.40  
 Vitamin B, macular degeneration, #313/314 p.51+  
 Vitamin B, macular degeneration, #316 p.119  
 Vitamin B, pharmaceutical patents, #307/308 p.48  
 Vitamin C, cancer, online, #306 p.14+  
 Vitamin C, cerebrovascular disease, #311 p.120+  
 Vitamin C, chemotherapy, #307/308 p.110+, #313/314 p.100–3+  
 Vitamin C, medical history, #311 p.94  
 Vitamin D, online, #307/308 p.67, #307/308 p.119–20, #311 p.97, #312 p.50  
 Vitamin D, air pollution, #310 p.39  
 Vitamin D, anti-aging medicine, #309 p.106–7  
 Vitamin D, anticonvulsant drugs, online, #309 p.46  
 Vitamin D, cardiovascular disease, #311 p.116+  
 Vitamin D, D2 vs. D3, #309 p.121+  
 Vitamin D, deficiency, #309 p.110–11  
 Vitamin D, diabetic nephropathy, #310 p.38  
 Vitamin D, immune function, online, #312 p.48+  
 Vitamin D, immunosuppression, online, #306 p.21, #306 p.113–15  
 Vitamin D, Marshall protocol, #312 p.38–9, #316 p.78–9+  
 Vitamin D, mood disorders, #317 p.104  
 Vitamin D, pregnancy, #309 p.21  
 Vitamin D, serum levels, #311 p.39  
 Vitamin D, statin-induced myalgia, #316 p.27  
 Vitamin D, supplementation, #306 p.44+  
 Vitamin D, testing, #306 p.44  
 Vitamin E, cerebrovascular disease, #311 p.119  
 Vitamin E, lung cancer, #307/308 p.67  
 Vitamin E, radiation therapy, #313/314 p.51  
 Vitamin K 2, bone loss, #309 p.122+

## KEYWORD INDEX

---

Vitamin K 2, osteoporosis, online, #309 p.32  
Vitamin K, coronary artery calcification, #316 p.26  
Vitamins, supplementation, #307/308 p.134–41  
*Vitex agnus-castus* (Chaste tree), premenstrual syndrome (PMS), online, #309 p.30  
Volatile organic compounds, health effects, #316 p.23

### W

Water, distilled, #307/308 p.45  
Water, magnetized, #307/308 p.46+  
Weight gain, food cravings, #306 p.50–1  
Weight loss, #309 p.84  
Weight loss, drug-tainted products, #310 p.23  
Weight loss, exercise, #316 p.114–15  
Weight loss, low-glycemic diet, #310 p.33+  
Weight loss, placebo, #311 p.30  
Weight training, aging, #306 p.120  
Wellness, Center for Healing Arts DVDs, #311 p.51  
Wellness Initiative for the Nation, Samueli Institute, #311 p.32–3  
Werbach, Melvyn, MD, #312 p.19  
*What Helped Me Get Through*, cancer, #313/314 p.38+  
Whey protein, nonalcoholic steatohepatitis, #315 p.44  
Whole foods cooking, *cookusinterruptus.com*, online, #315 p.96  
*Wikipedia*, online, #306 p.38  
Wobenzym, inflammation, #311 p.71–4  
Wobenzym PS, online, #313/314 p.27  
Women, emphysema & COPD, online  
Women's health, #309 p.8  
Women's health, nutrition & immune function, #306 p.66–8  
Writing, depression relief, #317 p.24  
*Wu Mei Wan*, irritable bowel syndrome, #315 p.46–8

### X

Xuezhikang (red yeast rice extract), heart disease, #311 p.38

### Z

Zinc, bipolar disorder, online, #307/308 p.91  
Zinc, infectious diarrhea, #306 p.47  
Zoonoses, #307/308 p.47+