



Dr. Frank Shallenberger's **SECOND OPINION**

Vol. XXVII, No. 2

February 2017

HEALTH NOTES

How to Stop the Progression of Parkinson's

Have you noticed how diseases have now been relegated to initials? Coronary artery disease is now CAD. Seasonal affective disorder is SAD. Parkinson's disease is PD. I can't tell you how aggravating it is when a patient contacts me to ask me if I can help with XYZ or some other initial. I'd like to answer, but most of the time I have no idea what they are talking about. And now that I've gotten that off my chest, I'd like to tell you an amazing statistic about RBD and why it is so important for PD.

Just in case you didn't know, RBD stands for REM Behavior Disorder. Whoops, there we go again with another set of initials. REM is a stage of sleep. It stands for Rapid Eye Movement. And that makes RBD the only initials disorder I know about that has initials within the initials! Back to REM. REM refers to the part of sleep in which we dream. When we are in REM sleep, not surprisingly, our eyes undergo rapid movements. RBD is a sleep disorder in which all kinds of unusual behaviors happen during REM sleep.

People with RBD physically move around during sleep. They can also talk, shout, scream and even hit or punch their bed partner. And that's just the half of it. Sometimes they sleep walk and even engage in activities associated with waking, although their brains are still technically asleep. And here's why RBD is so important.

According to a recent review article on Parkinson's disease, "RBD has a very high predictive value, with approximately 50%

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Can This Arthritis Drug Stop Prostate Cancer?

If you have prostate cancer and arthritis, you might not be as unlucky as it seems. A new study shows that one of the most popular drugs for arthritis is also a potent anti-prostate cancer drug. And if you have prostate cancer and don't have arthritis, don't feel too bad. There are natural remedies that can do the same thing that the drug does.

The authors of the new study were looking at a specific enzyme in our cells called cyclooxygenase-2, or COX-2 for short. COX-2 metabolizes some of the fats that we eat into substances that create inflammation. Now here's the thing. Cancer cells thrive when surrounded by inflammation. So the more COX-2 that's present, the happier a cancer is. This action of COX-2 is so significant that it promotes cancer growth in three different ways.

First, COX-2 inhibits apoptosis. As you may know, apoptosis is the ten-dollar word for programmed cell death. All of the cells in our body are programmed to die after a while and be replaced by a new cell. This process is what controls cell growth. So when apoptosis is inhibited by COX-2, the result is that cells can continue to grow without any control. The result of uncontrolled cell growth is cancer. So COX-2 not only stimulates cancers to develop, it also speeds up their growth rate. And that's not all that COX-2 is guilty of.

As cancers grow larger, they need a greater blood supply to bring in the sugar and other nutrients that they need to maintain their unrestrained growth. So in order to get more blood flow, cancers need the process of angiogenesis. Literally, angiogenesis means the creation of new blood vessels. It is a process that happens all over the body, and here's the point. COX-2 stimulates angiogenesis. And by doing that, COX-2 further promotes cancer growth.

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of affected individuals developing Parkinson's or dementia within 10 years." That 50% number is incredibly high! I've already reported to you in the past about two other conditions that signal the possibility of Parkinson's disease. They are a loss of smell or taste and the onset of depression. If you have any of these conditions, you're at risk of developing either Parkinson's, dementia, or both. That's the bad news. The good news is that research is showing that it's possible to prevent these diseases if the right measures are taken soon enough. Here's what you can do.

The amino acid L-cysteine gets converted in the brain to the amino acid glutathione. Glutathione is a powerful protector of the cells that become damaged in Parkinson's and in dementia. For years now, I've been giving my Parkinson's patients L-cysteine. I can tell you that when it's given in high enough doses, it stops the progression of the disease.

The other nutrient I use is melatonin. Studies in animals that were given a drug that causes Parkinson's show that if these animals are given melatonin in high enough doses, they don't get the disease. The dose of L-cysteine that I use is 1,000 mg twice a day. The melatonin dose is 120 mg taken about 45 minutes before

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SECOND OPINION (ISSN 1068-2953) is published monthly by Soundview Communication, Inc. **PUBLISHER:** Garret W. Wood; **EDITOR-IN-CHIEF:** Frank Shallenberger, MD; **COVER PRICE:** \$8 per issue, discounts available for one- and two-year subscriptions. Contact our **BUSINESS OFFICE:** P.O. Box 8051, Norcross, GA 30091-8051, 800-791-3445 or 770-399-5617. **SECOND OPINION** is a newsletter containing general comments on health, nutrition, and medicine. Readers are advised to consult with their own physician before implementing any health idea they read about, whether here or in any other publication. Copyright © 2017 by Soundview Communication, Inc. All rights reserved. Unauthorized reproduction of this newsletter or its contents by xerography, facsimile, or any other means is illegal.

And lastly, COX-2 acts to increase the tendency of cancer cells to spread throughout the body in a process called metastasis. As you may know, cancers are only a problem when they grow or metastasize. If you have a way to stop the growth or metastasis of a cancer, then you basically have a very effective treatment for it. And that's exactly what a commonly used drug for arthritis does.

Celecoxib, also known by the trade name Celebrex, inhibits the actions of COX-2. It's used for arthritis because arthritis is caused by inflammation and anything that inhibits inflammation is going to be a good remedy for arthritis. But the other effect of being an inhibitor of COX-2 is that it theoretically could also be a cancer inhibitor. And that's why researchers recently published the results of a fascinating experiment using celecoxib on a group of men with prostate cancer. Here are the details.

The researchers picked 45 men with prostate cancers. All of the cancers were limited to the prostate and had not spread. All of the men had biopsies of their prostates to confirm the presence of cancer. And the researchers took samples of their biopsies and determined four measurements.

First, they calculated the growth rate of the cancers. Then they measured the amount of angiogenesis that was present. They also determined the amount of the various factors in the cancers that promote angiogenesis such as VEGF (vascular endothelial growth factor), KDR (kinase domain receptor), and HIF-1 (hypoxia inducible factor). And finally, they measured how much apoptosis was present in the cancers. Then they gave half of the men celecoxib (400 mg twice a day). They gave the other half a placebo. After four weeks of treatment, all of the men had their prostates removed and the researchers examined the prostates a second time to see what the effect of the celecoxib was. I think you will be impressed by the results.

Celecoxib had a distinct anti-cancer effect. Not only did it decrease the growth rate of the cancers, it also decreased angiogenesis and HIF-1, while at the same time increasing apoptosis. Every single anti-cancer measurement was improved. And all of the improvements were statistically valid. In the authors' words, "In this pilot study, a four-week regimen of celecoxib resulted in measurable biological effects in prostate cancer tissue." Here are some thoughts about this remarkable study.

First of all, the 400 mg twice a day dose of celecoxib was high. And the higher the dose, the more likely there

will be some side effects. However, the truth is that some patients do very well with celecoxib and don't develop any side effects at all. And considering the toxicity of other forms of prostate cancer therapy, the risks of celecoxib may well be worth it in many cases. The other thought is that there are several effective, natural COX-2 inhibitors that might work just as well as the celecoxib. At least they do in arthritis cases.

One is the herb curcumin. There are close to 3,000 studies showing that curcumin has anti-cancer activity. Curcumin is a potent inhibitor of COX-2. Other herbs that have anti-COX-2 effects are ginger, boswellia (also known as frankincense), hops, and willow bark. As you will notice, these are very common remedies for arthritis. In fact, in some studies of arthritis, these herbs are as effective as or even better than celecoxib. So it makes you wonder if they won't also have an anti-cancer effect.

In one study, researchers looked at 198 patients with osteoarthritis of the knees. They gave half of them celecoxib and the other half a combination of six Chinese herbs called GCSB-5. The study went on for three months. At the end of the study the anti-inflammatory effect of the herbal combination was equal to that of the drug.

Another study compared celecoxib (100 mg twice a day) to a blend of curcumin and boswellia extracts (500 mg twice a day). The study went on for four months. The results not only showed the herbs to be as good as the drug, but the herbal combination was actually superior to the drug in relieving pain, increasing walking distance, and decreasing joint line tenderness scores. At the end of the study, 93% of the patients taking the herbs could walk more than 1,000 meters, versus 86% in the drug group. And 93% of the herbal group reported improvement in or elimination of pain, versus 79% of the drug group. Not bad for a remedy that was also completely absent of any significant side effects. Both of these studies show that the anti-COX-2 effects of herbs can be substantial.

So what should you do if you have prostate cancer? One very simple and safe thing to do would be to try some of the herbal combinations I mentioned above. Let me suggest Ultimate Knee Relief (800-791-3395) for starters. Of course, I formulated this supplement for patients with arthritis of the knees. But it has very healthy doses of boswellia, curcumin, and willow bark. And that makes it a pretty good candidate for having a COX-2 inhibiting effect on prostate cancers as well. And for any man out there who has metastatic prostate cancer

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bedtime. Both of these natural substances are safe and completely without side effects at these doses.

REF: Postuma, R.B., J.F. Gagnon, et al. "Clinical prediction of Parkinson's disease: planning for the age of neuroprotection." *J Neurol Neurosurg Psychiatry*. 2010 September;81(9):1008-13.

New Discovery Shows Us How Much Zinc You Should Take Every Day

If all that comes to mind when you think about zinc is its role in helping you fight off the common cold, you're missing out on all this powerful little mineral has to offer. It plays an essential role in everything from wound healing to DNA creation to sexual health. It's even vital to three of our five senses: sight, taste, and smell. But believe it or not, until recently, we really didn't fully understand how much zinc we should take every day.

Fortunately, a collaborative team of researchers has recently shed some light on how our bodies transport zinc to the cells. Their research is helping us gain a greater understanding of how zinc functions in the body and how to strike a balance between being deficient and overdosing.

While researchers knew that a protein called serum albumin moves zinc around the body, they weren't sure where the primary binding site was for zinc and serum albumin to connect. The research team was able to identify that location using X-ray crystallography. However, they found something unexpected: in addition to the primary binding site, there were also a number of secondary binding sites. This told them that the relationship between zinc and serum albumin was more complex than they had expected.

This relationship is important because zinc isn't all serum albumin is responsible for moving around the body. It's also the primary taxi service for things like hormones and fatty acids. If you end up overdoing it on your zinc

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intake, it can be hard for serum albumin to give a ride to your hormones. Conversely, if your fatty acid levels are too high, which can occur in people with diabetes or obesity, you may have trouble getting zinc where it needs to go.

Clearly, it's important to maintain balance in the body. Understanding the transport system of various minerals and molecules can help researchers pinpoint the cause when something gets out of whack.

When it comes to zinc, you definitely want to make sure you're getting enough, but you don't want to overdo it either. The best dosage range for regular supplement intake is 7.5 to 15 mg per day. I think it's best to take extra zinc only when you suspect your immune system might need a boost, such as when you feel a cold coming on. For daily doses of zinc, I prefer zinc picolinate, which you can find in Super Immune QuickStart. This is the best absorbed form for daily use. Each scoop of QuickStart has 7.5 mg of zinc.

If you're coming down with a cold, my favorite product is Advanced Zinc Lozenges. It contains zinc acetate, the best form for supporting immune function and fighting the common cold. However, you need to make sure you follow the dosing instructions: no more than six lozenges per day, and don't take them for more than six days in a row. You can order Super Immune QuickStart and the lozenges at 800-791-3395.

<https://www.sciencedaily.com/releases/2016/11/161103124350.htm>.

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For a complete listing of Dr. Shallenberger'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.

with bone pain, if you're going to need a pain pill, talk with your doctor about taking 200-400 mg of celecoxib twice a day if the herbs don't work well enough for you.

REFS:

Antony, B., R. Kizhakkedath, et al. "Clinical Evaluation of an Herbal Formulation in the Management of Knee Osteoarthritis." Poster presentation at the Osteoarthritis Research Symposium Internationale (OARSI) Annual World Congress on Osteoarthritis, September 15-18, 2011. San Diego, CA.

<https://www.ncbi.nlm.nih.gov/pubmed/23954277>

<https://www.ncbi.nlm.nih.gov/pubmed/19443354>

Why You Shouldn't Use Just Any Medical Marijuana

We're hearing a lot about medical marijuana these days. It's become a very big political issue. And many states are passing laws allowing its use. But what about cannabidiol? It's the primary medical ingredient in marijuana and it's legal in all 50 states. But should you use it?

As I told you last month, when I first heard about cannabidiol, or CBD, I was skeptical. Then Barry called me. I told you Barry's story last month and how CBD saved his life from cancer. After I verified his story, my skepticism turned to hope. I combed the medical and scientific literature and was surprised to find hundreds of articles detailing how CBD worked in the body and how effective it is for a number of disorders, including cancer. I knew it could help my patients. So I started on a quest to learn more about where it was coming from, how it was made, who was making it, and what CBD products out there are the best ones. I can tell you that my research has really opened my mind to the fact that buying a good, high-quality CBD product is not nearly as easy as you would think. It's definitely a case of buyer beware. So let me tell you what I've learned.

First of all, unlike nutritional products, the production of CBD products is completely unregulated. Anyone with the proper extraction equipment can buy bulk hemp oil and make a CBD product out of it. Hemp oil is a very nasty tasting, thick oil extract of the hemp plant. Once a manufacturer gets the bulk oil, he has to process the oil into a final product that contains a high amount of CBD. The manufacturer also has to make sure that it's well absorbed, safe, and palatable enough for people to take. Now it sounds like that should be a pretty easy thing to do. But, actually, it isn't. Here's why.

The first issue is contamination. The best hemp oil

comes from two European suppliers. This is because the Europeans regulate the integrity of the product. But the Chinese are also getting into the business. And no one wants to buy Chinese hemp oil because of possible contamination issues. So Chinese producers figured out a way to get around this.

Instead of directly shipping their hemp oil to the United States, they first send it to Europe. And then they have it shipped from Europe to the U.S., masquerading it as a European product. So while many manufacturers of CBD products in the U.S. think they're getting regulated, contaminant-free European hemp oil, they may not be. Instead they may be getting Chinese oil without knowing it. Of course, if they had the capability of analyzing the product for toxins after they bought it, they could detect the problem. Unfortunately, that kind of technical equipment is expensive and many of them don't check. But this is not the only source of possible chemical contamination in CBD products.

The other issue has to do with how the U.S. manufacturer processes the bulk oil into the final product. There are no regulations around how this is done. And different manufacturers use different methods. Some of them keep their methods secret for proprietary reasons. The problem is that many manufacturers use toxic chemicals in their processing.

The other potential problem is the final quality of the product. Unless the manufacturer checks each batch of the final CBD oil on an HPLC (high performance liquid chromatography) analyzer, he really has no idea how much CBD is actually in the product the company is selling. And guess what? Many of the manufacturers, perhaps even most of them, don't own or use an HPLC. I know. I've called them and asked for their specs. So while they maintain that they're selling a product that has such-and-such an amount of CBD in it, they actually don't know for sure. And the CBD content of the oil is not the only thing that has to be considered. There are two other very important factors. One is terpenes and the other is absorption.

Terpenes are biologically active molecules found in all plants. In hemp and marijuana, it's the terpenes that give it a very special aroma. And while CBD is the primary molecule in hemp, the terpenes are also very important. They are important because the effectiveness of CBD is enhanced when it's taken along with all of the various terpenes found in the plant. This is what is called the "Entourage Effect." And this is why it's

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The Secret to Keeping Your Muscles Strong as You Age (Hint: It's Not Just Exercise)

Here's something I don't much like about getting older. First of all, you lose your muscle mass faster. And second, your muscles don't respond nearly as well to exercise as they did when you were young. Why is that? And, more importantly, what can you do about it? A paper published just this last month has the answers.

The authors start by stating the obvious. "Nutrient intake is the most important anabolic [muscle building] stimulus for skeletal muscle." What nutrients? They specifically list amino acids and carbohydrates. Remember that amino acids are the breakdown products of our protein intake. Taking large amounts of certain amino acids stimulates muscle growth. And that stimulation is especially powerful when you combine it with carbohydrates. This is because carbohydrates stimulate insulin production. And insulin stimulates muscle growth. But here's the hitch.

All this good stuff is mostly only true for the young. As we get older, we face three problems. One, our digestion becomes impaired and we often don't break down the dietary proteins into the individual amino acids as well as we did when we were young. This means we won't get the same muscle-building effect from the protein in our meals that we would have as a young person.

Second, as we get older, our muscle cells become less responsive to the amino acid effect than they were when we were younger. In fact, it takes about twice as much amino acids in an older person to get the same muscle-building effect as a younger person.

And third, the carbohydrate-stimulating effect doesn't work nearly as well in older folks. In young people, when amino acids are combined with carbohydrates, muscle growth doubles. But when the

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same amount of carbohydrate is given to older folks, nothing happens! Here's why. And here's what you can do about it.

The older you are, the more resistant your muscles become to the muscle-promoting effect of insulin. That's why eating carbohydrates doesn't work. But this resistance can be reversed with regular aerobic exercise. So, the moral is, make sure you add some aerobic exercise to your resistance training program.

Next, make sure you have a regular schedule of resistance training. I'm talking about weight lifting, pushups, etc. Resistance exercise literally doubles muscle synthesis for 24 hours. And lastly, make sure you're taking amino acids with your workout. The studies show that taking amino acids right after your resistance training can increase your muscle growth response as much as 100%! But to get the maximum effect from amino acids, there are three things you need to know.

One, the most effective amino acid blend needs to consist of free form aminos. Unlike protein powders, free form aminos

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important not to upset the balance in plant-based products by stripping them of any of their other constituents. If the terpenes are not preserved in the final CBD product, it will not be nearly as effective. And depending on how the bulk oil is processed, many or most of the terpenes may be lost. Unless the manufacturer is regularly checking each batch of CBD product with HPLC to determine the final terpene content, you can't be sure you're getting an effective product.

The last problem has to do with absorption. Only about 5-8% of the CBD in the average product gets absorbed. So you could easily be buying an oil that has a high content of CBD, but very little of it is actually getting into your body. And, obviously, that limits the effectiveness.

So with all of these issues in mind, here's what I had to ask myself. How can I be sure that the CBD product my patients are taking is properly sourced, safely produced, consistently high in CBD and all the associated terpenes, and effectively absorbed? It took me six months of investigating to find an answer to this question. But I finally discovered a production facility that is doing it right. They are located on the Louisiana State University campus in Baton Rouge, Louisiana. I traveled there several months ago and toured the facility and met with their chief scientist, Dr. Mewa Singh. They have the HPLC capacity to quality check each batch of their product for CBD and terpene levels as well as for any possible contamination. But that's not all.

In addition, they have solved the absorption problem. Dr. Singh is an expert in the field of nano-technology. In his former life, he worked for Big Pharma to develop enhanced drug-delivery systems using this technology. And now he is using the same technology to produce a unique water soluble CBD that is 10-15 times more absorbable than standard CBD products. This makes the product less expensive, more potent, and easier to take. Here's how nano-technology works.

Imagine you have a rock the size of your hand and you lay it on the ground. It covers only a very small amount of ground. But then imagine you crush it into sand and then spread that sand evenly over the ground. The effect is that it will cover a much greater amount of ground. Now imagine that you can crush it into a powder so fine that it will cover 10 times more ground than the sand. This is what nano-technology does. And by breaking up the separate molecules into such a fine film, they become water soluble even though they are an oil. This means that when taken orally, your body absorbs them much more effectively. Since the absorption is so

much better, you don't need to take as much as you would with regular CBD oil. That means that the cost is going to be significantly less with a nano-tech product.

So if you're going to take a CBD product, let me recommend Dr. Singh's nano-tech product as not only a superior form of CBD, but also one that will save you money. Because of the enhanced absorption, you will get the same effect from 10 mg of Dr. Singh's CBD that would require 80 mg of regular CBD. The form of CBD that I recommend to my patients is called Healthy CBD Gel. You can get it at www.cbdformulations.com or by calling 800-230-1137. Start with ½ ml (5 mg CBD) to 1 ml of the gel every day, and then increase the dose as needed. For my cancer patients, I typically will start with 1 ml, four times daily. You will often see effects in less than two weeks.

As for Barry, if you would like to hear all the details of his story, you can hear it from Barry himself at www.youtube.com/watch?v=RL98TN93t4Q. You'll quickly see that CBD is clearly a medical miracle. What you won't hear is the final result of Barry's story. He called me just before this report went to press and told me that his most recent MRI scan now shows that his tumor is completely gone! No evidence at all that he ever had cancer.

By the way, legislatures and the DEA are trying to criminalize these CBD supplements. Please contact your legislatures, including your congressional leaders and senators, and tell them to protect these supplements. They truly are a medical miracle.

REF:

McGilveray, I.J. "Pharmacokinetics of cannabinoids." *Pain Res Manag.* 2005 Autumn;10 Suppl A:15A-22A.

Russo, E.B. "Taming THC: potential cannabis synergy and phytocannabinoid-terpenoid entourage effects." *Br J Pharmacol.* 2011 August;163(7):1344-64.

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

- American Academy of Ozonotherapy — <http://www.aaot.us>
- 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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don't need to be digested in your digestive tract. They are already digested. So, even if your digestion is less than perfect, free form aminos will go directly into your bloodstream fully intact and ready to go. Another factor that you need to know about is balance.

The best amino blend needs to be perfectly balanced for maximum muscle growth. I have talked about this concept before, but let me just give a brief review. There are 20 different amino acids in the human body. But only some of them are used to make muscle. And if they're not in the right balance, many of them will become wasted. The best blend of free form amino acids that you can use for muscle growth are in a product called Perfect Amino. The studies show that close to 98% of the aminos in this specially blended powder go into muscle growth. Very few are wasted. Taking this particular blend of aminos maximizes your resistance training.

The last thing you need to know about taking an amino supplement is when to take it. The studies show that when aminos are taken right after a resistance training session, the muscle growth effect will be 30-40% greater than if they are taken before the session.

If you aren't already involved in a regular exercise program that combines aerobic and resistance training, maybe now is the time. It doesn't take much. Spend about 20-30 minutes three times a week doing interval training to get the best aerobic effect. And then on the other days spend about 45 minutes with resistance training. Commit to three months. I'm sure that when you see how much better your quality of life is after only three months, you will be hooked. And be sure to combine it with one to two scoops of Perfect Amino (800-791-3395) right after each resistance training session. Mix the aminos with 8 ounces of fruit juice to get the insulin effect.

REF: Makanae, Y. and S. Fujita. "Role of Exercise and Nutrition in the Prevention of Sarcopenia." *J Nutr Sci Vitaminol* (Tokyo). 2015;61 Suppl:S125-7.

LETTERS

Do You Have a Question for Dr. Shallenberger?

This page is your opportunity. Each month, Dr. Shallenberger tries to answer as many of your questions about health and medicine as he can. It's impossible for him to answer letters personally. And he obviously can't make a diagnosis or prescribe a treatment in these pages – or by mail or email. But if you have a question, please email it to feedback@secondopinionnewsletter.com or mail it to:

Second Opinion Letters

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Q: I stopped taking my blood pressure medications because of the side effects. My blood pressure (upper one), has gone from approximately 125 to 140-144. The lower pressure stays the same at 65-75. My question: Should I continue taking the pills? – *Arkady C., via email*

Dear Arkady,

This is such an important topic that I am going to give you a really long answer. The reason is that many, perhaps as many as a half of all people on high blood pressure medicine, do not need to be on it. Even those who do need it are often prescribed more medication than they need.

One is that occasional fluctuations in blood pressure – even high fluctuations – are entirely normal. Your blood pressure is not a static measurement any more than your heart rate is. It varies constantly depending on what's going on. An occasional elevation in your blood pressure is not dangerous. High blood pressure does its damage when the pressure is high all the time, not when it's only occasional-

ly high. Therefore, hypertension is not defined by having an occasional high blood pressure. It's defined by having a blood pressure that's consistently high.

A few decades ago some researchers wanted to know how high blood pressures became in Olympic weight lifters when they were lifting the weights. To do the experiment, they inserted blood pressure monitoring catheters directly into their arteries. To their complete amazement, these young men had blood pressures of up to 345/245 when they were lifting the weights! You would think that a blood pressure like that would kill somebody, but that's not the case. These men were extremely healthy. It was just a very dramatic way to demonstrate that an occasionally high blood pressure, even one as high as 345/245, is not the same as having a diagnosis of hypertension. And here's why this is so important.

Many patients are wrongly put on blood pressure medications for the rest of their lives simply because they happen to have had a high reading when a doctor was checking them. The way to avoid this mistake is to check your blood pressure many times over the course of two weeks. If it's consistently high, you have a problem. But if it's high only periodically, you do not have high blood pressure.

Consider this as well: As we get older we typically need a higher level of blood pressure to provide adequate circulation to the brain. The American Heart Association now recommends that people older than 60 years not take blood pressure medications unless their blood pressure is consistently over 150. That's because according to the data, there's no benefit to treating lower pressures, and there may be side effects.

So, here's what I would advise you, Arkady. Stay off your blood

pressure pills for the next four weeks. Then start checking your own pressure at home as I have described it below.

(1) Buy an automated arm blood pressure monitor. If your arm is much larger than average, you will also need to buy an extra-large cuff. A cuff that's too small can give a falsely elevated reading.

(2) Before taking your measurement, be sure that you are seated quietly for three to five minutes with your arm resting on a table at the level of your heart.

(3) Do it when you are not upset, not in pain, and before you have any caffeine.

(4) After the first measurement, wait 15 seconds and take a second measurement. If they are essentially the same, record that reading. If they are different, measure your pressure a third time. Record the lowest reading as your blood pressure. This is done because even the very act of checking blood pressure will cause some people to have a higher reading.

(5) Do this twice a day for two weeks, usually right before breakfast and again just before dinner.

(6) Eliminate any readings that are much higher or much lower than the majority of the readings. Then average up the remaining readings. This final number is the most accurate determination of your blood pressure.

(7) If you're under 60 years old and this number is higher than 140/90 or if you're over 60 and the number is higher than 160/90, discuss it with your doctor. Medications are not necessarily what you need. Often, it's just a matter of cleaning up your lifestyle, eliminating stress, taking some supplements, and/or losing some weight.

REF: Palatini, P., L. Mos, et al. "Blood pressure changes during heavy-resistance exercise." *J Hypertens Suppl.* 1989 December;7(6):S72-3.