



IN THIS ISSUE

Prevent Skin Cancer..... 1

- Sunscreens don't prevent skin cancer, diet and supplements do!
- Sun avoidance causes many more cancers than it prevents!
- The major culprit behind the large majority of skin cancers: poor diet!

Vinegar for a Leaner, Healthier, Longer Life ... 4

- Vinegar promotes weight loss and longevity
- Vinegar lowers blood pressure, cholesterol, blood sugar

Vinegar for a Leaner, Longer Life: The Work of D.C. Jarvis, MD 5

- In over fifty years of practice, Dr. Jarvis observed that vinegar improves digestive health, promotes sleep, improves chronic fatigue, relieves itchy scalp and skin, decreases migraines, helps relieve dizziness, rapidly relieves sore throat, and much more.

Aspartame—the World's Best Ant Poison 8

- Ants can be made to disappear every time by spreading the contents of two or three packets of NutraSweet® near their ant trails. There really is a good use for aspartame!

Prevent Skin Cancer

- Sunscreens don't prevent skin cancer, diet and supplements do!
- Sun avoidance causes many more cancers than it prevents!

At present, we all live on planet Earth, which circles a small star—the Sun—which shines on us very often when we're outdoors (except here in Seattle and a few other places). Anthropologists and archaeologists have found that our remote ancestors were born in the very sunniest regions of this Earth, and spent nearly all their days outdoors—although for most of that time, there were no doors to be “outdoors” of!

The Bible says the Garden of Eden was in a sunny tropical area, too. In the beginning Adam and Eve didn't even need to wear clothes! Whether evolved or created, this much is clear: as descendants of the original human inhabitants of planet Earth, our bodies are “built for sunshine”! The sun is actually *good for us* unless we ignore our senses and allow ourselves to get sunburn.

It's May here in Seattle, where our chances of getting a sunburn are minimal until—as many Seattlites will say—the 5th of July. In almost all the rest of these United States, sunburn season is already underway, and likely you've been hearing the incessant drumbeat of propaganda telling you to cover yourself and your family with SPF-maximum sunscreen so you won't “get cancer.”

Odd, that. Think about it—have you seen proof that sunscreens actually prevent skin cancer? Where are all the TV commercials showing that more sunscreen use leads to less cancer? In fact, the situation is just the opposite. In the 1920s, well before sunscreen use “took off,” skin cancer incidence was low. If you draw a

line on a chart following the rise in skin cancer in these United States since the 1920s, you'll see steady upward progress every year, every decade . . . which also precisely describes the growth in use of sunscreen! The two lines parallel each other on the chart!

No, a chart showing “more sunscreen use, more skin cancer” doesn't prove that sunscreens cause cancer—it could be a coincidence, for example, or both could be caused by some third factor—but it suggests that sunscreens really don't prevent much skin cancer at all.

The major culprit behind the large majority of skin cancers: poor diet!

Let's look for the real cause of most skin cancers. Dr. Niva Shapira has given us the facts to do that! *Nutrition Reviews*¹ published her research review—7½ pages, with an impressive 149 references—which points directly to the major culprit behind the large majority of skin cancers: poor diet! Yes, there's yet another health problem to add to the long, impressive, list of poor-diet-related ailments and diseases.

Greece—yes, sunny Greece—has one of the lowest rates of the worst sort of skin cancer—melanoma—on planet Earth. But Greeks who emigrate to Australia and transition to a “Western” diet (instead of the native Greek “Mediterranean” diet) develop a “Western” disease

Continued on next page

JONATHAN V. WRIGHT, MD'S
Green MedicineTM

AUTHOR AND EXECUTIVE EDITOR

JONATHAN V. WRIGHT, MD

PUBLISHER

ALLIANCE FOR NATURAL
HEALTH USA

**EXECUTIVE AND
LEGAL DIRECTOR**

GRETCHEN DUBEAU

MANAGING EDITOR

MICHAEL SIKORA

EDITOR

CRAIG R. SMITH

© 2016 Alliance for Natural Health USA, 3525 Piedmont Rd. NE, Atlanta, GA 30305. Reproduction in whole or part is prohibited without written permission of the publisher.

Jonathan V. Wright, MD's Green Medicine is published monthly by Alliance for Natural Health USA, 3525 Piedmont Rd. NE, Atlanta, GA 30305. POSTMASTER: Send address changes to: *Jonathan V. Wright, MD's Green Medicine*, 3525 Piedmont Rd. NE, Atlanta, GA 30305. If you have questions or would like to subscribe, please call the Alliance for Natural Health USA at 1-800-230-2762.

OUR PURPOSE

Green Medicine is dedicated to helping you keep yourself and your family healthy by the safest and most effective means possible. Every month, you'll get information about diet, vitamins, minerals, herbs, natural hormones, natural energies, and other substances and techniques to prevent and heal illness, while prolonging your healthy life span.

A graduate of Harvard University and the University of Michigan Medical School (1969), Dr. Jonathan V. Wright has been practicing natural and nutritional medicine since 1973 at the Tahoma Clinic, now in Tukwila, Washington. Based on enormous volumes of library and clinical research, along with tens of thousands of clinical consultations, he is exceptionally well qualified to bring you a unique blending of the most up-to-date information and the best and still most effective natural therapies developed by preceding generations.

In 1992, Dr. Wright was among the original founders of the American Preventive Medical Association—now known as the Alliance for Natural Health USA—which was created to defend integrative doctors from relentless and coordinated attacks from the conventional medical establishment and the government agencies that protect them. Now one of the leading voices in natural health policy, the Alliance for Natural Health USA continues this mission by organizing half a million grassroots activists to protect access to natural, preventive medicine.

Dr. Wright and ANH-USA are proud to be teaming up once again to empower consumers to exercise their inalienable rights to choose their own healthcare, and to warn the public of continual, pervasive attempts from both government and private organizations to restrict them.

All material in this publication is provided for information only and may not be construed as medical advice or instruction. No action should be taken based solely on the contents of this publication; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.

MOVING? MISSED AN ISSUE?

Please let us know within 60 days of moving or if you have not received an issue. (90 days for international subscribers.) After this time period, missed issues can be purchased for US \$6.50 each. Postage costs may apply to international requests.

Prevent Skin Cancer

Continued from previous page

pattern—including very much more melanoma. Dr. Shapira writes:

Adherence to a Mediterranean diet has been shown to [decrease] melanoma incidence and [increase] survival among populations in non-Mediterranean countries, such as the United States and Australia.

By contrast, Australians of Greek ethnic background who consume the “standard Australian diet” (SAD) which is just as bad as the “standard American diet” (also SAD) have one of the highest rates of melanoma in the world. Dr. Shapira tells us, “This suggests that the dietary benefits, as well as the disadvantages of non-adherence [to the diet], may be geographically transferable.” Translated to simpler English: “It’s not where you live, it’s what you eat that keeps you healthy—or lets you get sick.”

While getting our nutrients from what we eat is always best, supplements can also protect against UV-related skin damage and skin cancer.

What aspects of the Mediterranean diet appear to be the most protective? Fish, shellfish, high consumption of vegetables (particularly carrots, tomatoes, and cruciferous vegetables—broccoli, cauliflower, cabbage, Brussels sprouts, kale, and others), fruits (particularly citrus), tea, and low alcohol consumption. By contrast, dairy products, butter, and alcohol allow for significantly more ultra-violet-associated skin damage and cancer.

While getting our nutrients from what we eat is always best, supplements can also protect against UV-related skin

damage and skin cancer. In an experiment at the Baylor College of Medicine, two groups of rabbits were regularly exposed to ultraviolet light. One group was given a “balanced diet” but no vitamins, while the other group was given the same diet with added vitamins C, A, and E. After twenty-four weeks, none of the animals in the diet-plus-vitamins group had developed skin cancer, while 24% of the animals in the diet-alone group had developed skin cancer.²

In addition to vitamins C, A, and E, there’s a more extensive list of nutrients found to reduce UV-associated skin damage and cancer. Carotenoids, such as beta-carotene, lutein, and lycopene have been found to protect against UV-associated skin damage individually and as components of diet. These three carotenoids also reduce the degree of skin redness associated with sunshine overexposure.

Beta-carotene specifically reduces melanoma risk, and works together with vitamins C, A, and E for a “multiplier effect.” Lutein protects skin cells against both oxidative damage and genetic damage. UV-exposed skin protected with lutein actually shows less cell loss, less damage to the membranes of cells, and less damage to elastic tissues. Lutein also combats suppression of the immune system. Lycopene content of skin is directly associated with skin roughness: more lycopene, less skin roughness; less lycopene in the skin, more skin roughness.³

According to Dr. Shapira, one group of researchers found that an oral lycopene supplement reduced the count of sunburned cells by 83% compared with no lycopene intake for the same duration of sun exposure. She cites another research group reporting a 40% reduction in sunshine-caused redness

Continued on next page

Prevent Skin Cancer

Continued from previous page

in individuals consuming just 16 mg of lycopene (found in three tablespoonsful of tomato paste or in many supplements) and two teaspoonsful of olive oil per day.

Beta-carotene is found in the highest concentrations in carrots, sweet potatoes, yams, pumpkins, spinach, kale, collard greens, and nearly any other yellow or orange vegetable. Lutein levels are exceptionally high in spinach and kale, and relatively high in peas, Brussels sprouts, zucchini, pistachios, broccoli, and corn. Lycopene is the red pigment found in tomatoes, and is actually most bioavailable from tomato paste, tomato sauce, and ketchup (sugar free, please). There's also a high lycopene content in watermelon, pink guava, and papaya.

Staying out of the sun is not at all your best protection against skin cancer. In fact, it could do more harm than good.

Next on the list of protectors against UV damage are flavonoids and polyphenols, which have been found specifically to protect against cancer formation induced by UV radiation. These include epigallocatechin gallate (EGCG) from green tea, theaflavins and thearubins from black tea, caffeine (yes, caffeine), flavonoids from citrus peel, proanthocyanidins, and other polyphenols from grape seeds, red wine, and cocoa.

EGCG reduces gene mutation frequency and aging in human skin fibroblasts (collagen producers in skin) exposed to both UV-A and UV-B over long periods of time. Black tea and green tea polyphenols both protect against UV-B tumors, with black tea polyphenols offering the best protection. One study showed that higher levels of tea consumption were associated with lower levels of both basal and squamous cell cancers.

Citrus peel flavonoids have been found to protect against squamous cell cancer, and when they're combined with black tea, the protective effect is even greater. Polyphenols from cocoa significantly protected against UV induced erythema, although the effect was found to be less protective than that of lycopene.

Resveratrol, proanthocyanidins, and polyphenols (all found in red grapes) each inhibit skin cancer induced by UV. And, like citrus peel flavonoids and black tea, they work even better when they're used together. These nutrients have all been found to work by helping conserve internally produced antioxidant enzymes and glutathione (a major antioxidant), suppress the oxidative effects of internally produced peroxide and nitric oxide, and inhibit UV-induced cell death.

In addition to the foods noted above, many herbs, spices, and seasonings—including rosemary, oregano, thyme, and garlic—are rich in polyphenols that protect against UV radiation.

Almost all B vitamins offer protection against skin cancer. However, vitamin B2 (riboflavin) actually might make UV risk greater for skin cells unless vitamin C is supplemented. But other B vitamins *are* protective against UV damage, including methylfolate (the most active and preferable form of folate), which inhibits UV-induced breaks in DNA. Folate is extremely sensitive to breakdown by UV, so if you're exposed to more than a little sun, consider using a methylfolate supplement, as folate in food breaks down more rapidly than nearly any other nutrient.

Last on the list (for now) are fish oil and olive oil. Fish oil (the best source of omega-3 fatty acids) significantly reduces UV-induced suppression of the immune system and cancer induction. By contrast, omega-6 fatty acids (the highest amounts

of which are found in vegetable oils) are associated with UV-induced DNA damage and tumor growth. Studies show a trend toward lower risk of squamous cell cancers and melanoma with higher ratios of omega-3/omega-6 fatty acids.

Olive oil, which is high in omega-9 and mono-unsaturated fatty acids, helps slow signs of skin aging and protects against skin cancers. It also contains the antioxidants hydroxytyrosol and oleuropein, which protect against UV-induced pro-cancerous activity.

If you want to minimize your risk of skin cancer, don't bother to use sunscreen.

Dr. Shapira's article reaffirms that staying out of the sun is not at all your best protection against skin cancer. In fact, it could do more harm than good. Dr. Michael Holick (professor of Medicine, Dermatology, Physiology, and Biophysics at Boston University Medical Center) has written that for every case of skin cancer eliminated by sun avoidance, there are twenty or more cases of prostate or breast cancer *caused* by sun avoidance and the ensuing lack of sun-induced vitamin D.

Once again: If you want to minimize your risk of skin cancer, *don't bother to use sunscreen*. Studies show that since the 1920s, skin-cancer risk and sunscreen use have risen together at nearly the same rate! While this doesn't prove that sunscreen causes skin cancers (although there are preliminary indications that this is a possibility), it does show that sunscreen doesn't *prevent* skin cancer.

Use common sense! If you or your children have had enough sun—your body will tell you that when your skin

Continued on page 6

Vinegar for a Leaner, Healthier, Longer Life

- Research: Vinegar promotes weight loss and longevity
- Research: Vinegar lowers blood pressure, cholesterol, blood sugar
- Berberine, quercetin, honokiol, ECGC, resveratrol, and probably butyrate promote longevity in the same way as vinegar

Yes, that's vinegar! Once again, when actually researched, it's found that those humans who preceded us in life on our planet were just about as smart—and likely just as dumb, in some cases—as those of us alive today. What does that mean? A few of us are old enough to remember *Folk Medicine* by Dr. D.C. Jarvis, who told us of multiple uses of vinegar for health. In the 21st century, researchers are finally reporting that there really are “beyond-the-salad” health uses for vinegar.

Let's start with “leaner.” In 2009, Japanese researchers published¹ an animal research report titled “Acetic acid upregulates the expression of genes for fatty acid oxidation enzymes in liver to suppress body fat accumulation.” In English, acetic acid—the central feature of all vinegars, responsible for their tangy, acid taste—gets the liver to burn fat faster. They went on to explain how that this effect was observed only in cells containing the enzyme AMPK (for the scientifically inclined, adenosine monophosphate kinase) but not observed in cells depleted of this enzyme.

Later in 2009, the same Japanese research group reported² human research titled “Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese. . . .” (That doesn't require any translation, does it?) The 175 volunteers were divided into three groups of similar weight, body mass index (BMI), and waist circumference. The research was double blind (nobody knew who was getting what).

Each group was given either a 500cc beverage (~17 ounces) containing no vinegar, or 15ccs (~1/2 ounce), or 30ccs (~1 ounce) of vinegar, over a period of

twelve weeks. The researchers reported, “Body weight, BMI, visceral (belly) fat, waist circumference, and serum triglyceride levels were significantly lower in both vinegar intake groups than in the placebo group.” They added, “Daily intake of vinegar might be useful in the prevention of metabolic syndrome by reducing obesity.”

If any American vinegar seller in the Land of the Free were to tell us the truth about vinegar research in their advertising, *los federales* would very likely send them “warning letters” threatening confiscation of their products.

This same research report noted that they and other Japanese research groups had previously reported that vinegar lowers blood pressure,^{3,4} lowers high cholesterol,⁵ and results in lower blood sugar readings after meals.⁶ Another research group had reported another way that acetic acid achieved results, by inhibiting the enzyme that synthesizes fatty acids (fatty acid synthase, or FAS) as well as confirming that vinegar activates AMPK.⁷

In 2014, a Korean research group published a report⁸ titled “Pomegranate vinegar beverage reduces visceral fat accumulation is association with AMPK activation in overweight women: A double-blind, randomized and placebo-controlled trial.” Their findings were similar to the findings reported from Japan. After eight weeks, the women ingesting vinegar had significantly reduced visceral adiposity (belly fat) and enhanced AMPK activation.

This research focuses on weight, fat mass, belly fat, blood pressure, cholesterol, triglycerides and mentions metabolic syndrome (otherwise known as pre-diabetes) and repeats the finding that AMPK activation is part of the cause of all this. But before skipping to the connection between the enzyme AMPK and longevity . . . yes, a digression!

All of this research work was done in Japan and Korea. Despite considerable trying, no research concerning vinegar and these topics has been found to have been reported from these United States. Could the unpatentability of vinegar—no \$100-\$1,000 per bottle of vinegar possible—and the \$2.6 billion dollars for “approval” by *los federales* as reported by the Tufts University Center for the Study of Drug Development⁹ be the reason?

And if any American vinegar seller in the Land of the Free were to *tell us the truth about vinegar research* in their advertising, *los federales* would very likely send them “warning letters” threatening confiscation of their products, just as “warning letters” have been received by California walnut growers, Michigan tart cherry producers, and many others!

Back to vinegar and AMPK. The connection between AMPK activation and longevity is well known to science. What's not so well known to many of us are the other AMPK connections to health so well summarized by Mark F. McCarty in his version¹⁰ of the article “AMPK Activation—Protean Potential for Boosting Healthspan,” later published¹¹ in slightly revised form—with 259 references—in the journal *Age*.

Continued on page 6

Effective Then, Effective Now: Vinegar for a Leaner, Longer Life: The Work of D.C. Jarvis, MD

- Dr. Jarvis, (a Vermont medical practitioner) details how to use vinegar for weight loss in 1958.
 - Dr. Jarvis describes how “Vermont folk medicine has much to give to those . . . who prefer instead to plan to be strong, active and free from disease to the very end of their days.”
 - In over fifty years of practice, Dr. Jarvis observed that vinegar improves digestive health, promotes sleep (when used with honey), improves chronic fatigue, relieves itchy scalp and skin, decreases migraines, helps relieve dizziness, rapidly relieves sore throat, and much more.

If the next paragraph seems familiar, it’s likely because you read it before as the opening to our inaugural issue’s “Effective Then, Effective Now” column—a description of how sixty-four of seventy (91.4%) women suffering from nausea and vomiting of pregnancy were *completely relieved of all nausea and vomiting* within three days. Dr. R.L. Merkel reported these spectacular results in 1952 in the *American Journal of Obstetrics and Gynecology*.¹ Since the 1970s, the results have been the same for women with whom I’ve worked—and of course they’re totally unknown to or ignored by 99% of all American obstetricians!

So here it is again, as it applies equally well this month:

We humans have had the same bodies and body chemistry (with of course unique individual variation) for the last two or three hundred thousand years. Some real experts say even longer! So if any human health problem could be safely and successfully improved or eliminated in the past, it’s very likely that the same human health problem can be eliminated today using the same treatment. That’s what Effective Then, Effective Now is all about.

The article starting on *Green Medicine*’s previous page is titled nearly the same as this one. That’s because both

articles describe the same thing—weight loss and longevity associated with vinegar ingestion. To my knowledge, the very first written description of the vinegar/weight loss and vinegar/longevity connections were published in 1985, by DeForest Clinton Jarvis, MD, in his book *Folk Medicine*.² However, his report was much more precise and fun to read!

If a woman whose dress fits tightly will sip two teaspoonfuls of apple cider vinegar in a glass of water at each meal, at the end of two months she can take her dress in one inch at the waistline.

From his book, pages 72-74:

If the waist measurement is greater than that of the chest, or the chin is inclined to be double, then it is generally safe to conclude that normal physiology and biochemistry in the body are disturbed. When this happens, Vermont folk medicine depends on apple cider vinegar to bring about a disappearance of excess fat.

If a woman whose dress fits tightly will sip two teaspoonfuls of apple cider vinegar in a glass of water at each meal, generally she will find at the end of two months she can take

her dress in one inch at the waistline. At the end of two months she will be able to take it in another inch, and by the end of the fifth month one more inch. At the end of one year of taking apple cider vinegar in this amount a woman who has taken a size 50 dress will be able to take a size 42, and one who has taken a size 20, to take a size 18. At the end of the same time a younger woman who has worn a size 16 will be able to take a size 14.

The loss of weight will be gradual. If a woman between 5 feet and 5 feet 6 inches tall weighing 210 pounds takes two teaspoonfuls of apple cider vinegar in a glass of water at each meal, she will weigh about 180 pounds at the end of two years. If a man has a paunch, he will lose the paunch in two years’ time. The apple cider vinegar will have made it possible to burn the fat in the body instead of storing it, increasing the body weight.

No change in the daily food intake is made except to avoid foods that experience has shown the individual will increase the amount of fat deposited in the body. If continued day after day, this treatment for excess weight is completely

Continued on page 7

Vinegar for a Leaner, Healthier, Longer Life

Continued from page 4

I'll just get out of his way and admire his words from the abstract:

An overview of current evidence indicates that AMPK may: reduce risk for atherosclerosis, heart attack, and stroke; help to prevent ventricular hypertrophy and manage congestive failure; ameliorate metabolic syndrome, reduce risk for type 2 diabetes and aid glycemic control in diabetics; reduce risk for weight gain, decrease risk for a number of common cancers while improving prognosis in cancer therapy; decrease risk for dementia and possibly other neurodegenerative disorders; help to preserve the proper structure of bone and cartilage; and possibly aid in the prevention and control of autoimmunity.

Vinegar, anyone? If even half of this list is possible (remember, the preceding list is “backed up” by 259 references to the scientific literature) then vinegar—

and anything else safe, natural and unpatentable that stimulates AMPK—should be considered for use as part of your healthy aging and longevity program. The list includes berberine, quercetin, honokiol (a component of magnolia), ECGC (epigallocatechin gallate) resveratrol, and probably butyrate. (Metformin also activates AMPK; as a molecule not found in Nature, avoiding it is best.)

As vinegar is the least expensive and least likely to be the victim of raids, confiscation, and banning by *los federales*, it's a good place to start! ●

Endnotes

1. Kondo T, Kishi M, Fushimi T, Kaga T. “Acetic acid upregulates the expression of genes for fatty acid oxidation enzymes in liver to suppress body fat accumulation.” *J Agric Food Chem*. 2009 Jul 8;57(13):5982-6.
2. Kondo T, Kishi M, et al. “Vinegar intake reduces body weight, body fat mass, and serum triglyceride levels in obese Japanese subjects.” *BioSci Biotechnol Biochem*. 2009;73 (8), 1837-1843.

3. Kajimoto O, Tayama K, et al. *J Nutr Food* (in Japanese) 2001;4: 47-60.
4. Kajimoto O, Ohshima Y, et al. *J Nutr Food* (in Japanese) 2003;6:51-68.
5. Fushimi T, Ohshima Y, et al. *J Nutr Food* (in Japanese) 2005;8: 13-26.
6. Inage H, Sato Y, et al. *J Jpn Clin Nutr* 2006;27:321-325.
7. Yamashita H, Fujisawa K et al. *Biosci Biotechnol Biochem* 2007;71: 1236-1243.
8. Park J, Kim J, et al. “Pomegranate vinegar beverage reduces visceral fat accumulation is association with AMPK activation in overweight women: A double-blind, randomized and placebo-controlled trial.” *J Functional Foods* 2014;8: 274-281.
9. http://csdd.tufts.edu/news/complete_story/pr_tufts_csdd_2014_cost_study
10. http://catalyticlongevity.org/prepub_archive/AMPK-healthspan%5B1%5D%5B1%5D%5B1%5D%5B1%5D%5B1%5D%5B1%5D.pdf.
11. McCarty M. “AMPK activation—protean potential for boosting healthspan.” *Age (Diodr)* 2014;36(2):641-663.

Prevent Skin Cancer

Continued from page 3

begins to turn even slightly pink—head for the shade, cover up with clothing, or use sunscreen (natural only is preferred) at that point.

But your best bet for minimizing skin cancer risk is simply to *eat right!* Eat fish; cruciferous vegetables like broccoli, cauliflower, cabbage, Brussels sprouts, kale, and others; olives and olive oil; tea; tomatoes, tomato paste, and sauce; carrots; peas; sweet potatoes and yams; pumpkin; spinach, kale, and collard greens; fruit, particularly citrus, red grapes, watermelon, guava, and papaya;

as well as cocoa (no sugar, please, try stevia instead) and rosemary, oregano, thyme, and garlic.

While eating and drinking all of these things will likely minimize your risk of skin cancer, if you want “insurance” (especially during the sunny months in your area) you might consider a specific combination supplement based on Dr. Shapira's research which contains all the types of nutrients listed above. Named “SunPal”—which helps reduce skin cancer risk—this supplement is most useful when started four to six weeks before

anticipated sunshine exposure, and continued until the sun “goes away” in your area in the fall.

There's also “TanPal”—which, as you might guess, promotes easier and deeper tanning—based on the work of John Myers, MD, of Baltimore, an early 20th century pioneer in the natural nutritional approach to healthcare.

SunPal and TanPal were introduced in 2010. Since then, nearly all of our co-workers at Tahoma Clinic, as well

Continued on next page

Vinegar for a Leaner, Healthier, Longer Life: The Work of D.C. Jarvis, MD

Continued from page 5

simple, and completely effective. If the daily routine happens to be such that it is not practical to take it at each meal, a dose can be taken in the morning, another at bedtime, with the third taken at some convenient time in between.

It's true that this information—which works well for those who use it for themselves—did not come from double-blind, placebo-controlled studies. Instead it comes from the “eyes-fully-open” observations and experience gained from over fifty years of medical practice by a caring practitioner whose goal was what works best and safest for his patients. Unfortunately, during the 20th and 21st centuries, medical schools have discarded and even discourage teaching what was once called “the wisdom of the elders,” even when it has been shown to work for generations! The University of Michigan Medical School from which I graduated in 1969 had been one of the most prominent educators in homeopathic medicine in the 19th and early 20th centuries. By 1969, all of their extensive homeopathic library was locked away in a basement to which no one was allowed access without special permission. Very few medical students knew it existed.

But I've digressed. What did Dr. Jarvis write about vinegar and longevity?

In the first decades of the 20th century, nothing at all was known about acetic acid, AMPK activation (see accompanying article), and longevity. How could he have known that vinegar contributes to longevity? Observation and experience led him to this conclusion, even without detailed knowledge of “how it works.”

Dr. Jarvis did not credit only the use of vinegar with longevity effects. He concluded the introduction of his book this way: “Vermont folk medicine has much to give to those who reject as inevitable the specter of physical impairment and weakening, and who prefer instead to plan to be strong, active and free from disease to the very end of their days.” In addition to vinegar, which Dr. Jarvis mentions the most, he tells us that use of honey, kelp, iodine, and potassium are all significant in being strong, active, and free from disease to the very end of our days on planet Earth.

More of Dr. Jarvis's Observations about Vinegar

Read Dr. Jarvis' book for details of his observations about vinegar, including elimination of small joint arthritis, improvement of digestive health, sleep-promoting effects (when used

with honey), improvement of chronic fatigue, relief of itchy scalp and skin, positive effects on migraine headaches, reduction in dizziness, and rapid relief of sore throat. He also writes about many specific uses for honey, kelp, iodine, and potassium.

While Dr. Jarvis specified apple cider vinegar in his book, he also wrote this: “Apple cider vinegar, utilizing the whole apple, represents a pure form of ideal elements.” Since all vinegars contain acetic acid, all vinegars made from whole fruit and not “distilled” meet the criterion of “whole” for the most useful vinegar.

Dr. DeForest Clinton Jarvis (1881–1966) was a member of the Academy of Ophthalmology and Otolaryngology, the American Medical Association and other leading medical societies of the time. ●

Endnotes

1. Merkel RL. “The Use of Menadione Bisulfite and Ascorbic Acid in the Treatment of Nausea and Vomiting of Pregnancy.” *American Journal of Obstetrics and Gynecology* 1952; 64:416-418.
2. D.C. Jarvis, MD. *Folk Medicine: A Vermont Doctor's Guide to Good Health, Weight Loss, and Allergy Treatment Using Apple Cider Vinegar, Honey, Kelp and Iodine*. Crest Book, 1958.

Prevent Skin Cancer

Continued from previous page

as many others have told us that they've “burned a lot less and tanned a lot more” while using them. Very importantly, while protecting and helping tan your skin, these supplements have never been linked with adverse effects, and will not interfere in any way with those health-promoting “vitamin D rays” from the sun!

If you think they'd help you, try them out. You'll literally see the difference. And don't forget to eat your fish and vegetables! ●

Endnotes

1. Shapira N. “Nutritional approach to sun protection: a suggested complement to external strategies.” *Nutr Rev* 2010; 68(2):75-86.

2. Black H S. “Effects of dietary anti-oxidants on actinic tumor induction.” *Res Comm Chem Path Pharmacol* 1974; 7:783.
3. Darvin M(1), et al. “Cutaneous concentration of lycopene correlates significantly with the roughness of the skin.” *Eur J Pharm Biopharm* 2008 Aug; 69(3):943-7.

Aspartame—the World's Best Ant Poison

Chances are very good that you haven't knowingly swallowed any aspartame (NutraSweet,[®] Equal,[®] Equal Spoonful,[®] Equal Measure[®]) for years or even decades. However, you may not yet be aware of a really good use for aspartame that originally published in the *Idaho Observer* in 2006.¹

In that *Observer* article—titled as above!—Jan Jensen describes the disappearance of carpenter ants after packets of aspartame are emptied in areas they've invaded. Jensen also tried aspartame on "small black ants," but unlike the carpenter ants, these ants wouldn't touch "plain" aspartame. However, when it was mixed with apple juice, these small black ants would take it home to their nests, and all would be dead within twenty-four hours.

Similarly, fire ants ignored aspartame until a light rain moistened it. Jensen writes that after the aspartame was moistened,

"They [the fire ants] went crazy, hundreds of them grabbing it and taking it back into the mound. When I checked the mound two days later, there was no sign of the fire ants. I even dug the mound up some, and still saw none of them."

The "usual suspects" defending big-money patent medicine interests online have criticized these direct observations, writing such things as, "No evidence supports that assertion." They report experiments with unspecified quantities of aspartame given to ants from "Ant-Farm-brand live ant habitats," which somehow are equated with living-in-the-wild carpenter ants and fire ants.

Since reading Ms. Jensen's report, my observations have been that wild carpenter ants can be made to disappear every time by spreading the contents of two or three packets of NutraSweet[®] near their ant trails. Just as she observed, smaller black

ants (again, not the tame ones from the Ant Farm) don't like "plain" NutraSweet,[®] but mixing it with apple juice and spreading it about makes them disappear too.

I am actually happy to report no experience with fire ants (not being "privileged" with them in our area), but other non-carpenter, non-small-black ants (not being an ant-ologist, I don't know exactly what their names are, or more accurately, what they were) have also been persuaded to never return with either dry, moist, or mixed-with-juice NutraSweet.[®]

Obviously these observations aren't final proof. However, I thought you might like to know—just in case ants of any sort invade your home—that there really is a good use for aspartame! ●

Endnote

1. <http://www.proliberty.com/observer/20060612.htm>.

ALTERNATIVE HEALTH RESOURCES

AMERICAN ASSOCIATION OF NATUROPATHIC PHYSICIANS

Phone: (866) 538-2267
www.Naturopathic.org

TAHOMA CLINIC

(for appointments only)
Phone: (877) 919-8310
www.TahomaClinic.com

TAHOMA DISPENSARY

(for supplement orders only)
Phone: (888) 893-6878
www.TahomaDispensary.com

INTERNATIONAL COLLEGE
INTEGRATIVE MEDICINE
www.ICIMED.com

MERIDIAN VALLEY LABORATORY

Phone: (855) 405-8378
www.MeridianValleyLab.com

THE ALLIANCE FOR NATURAL HEALTH USA (ANH-USA)

Phone: 1-800-230-2762
www.ANH-USA.org

AMERICAN COLLEGE FOR ADVANCEMENT IN MEDICINE (ACAM)

Phone: (888) 439-6891
www.ACAM.org

AMERICAN ACADEMY OF ENVIRONMENTAL MEDICINE (AAEM)

Phone: (316) 684-5500
www.AAEMOnline.org

GREEN MEDICINE RADIO SHOW

www.GreenMedicineOnline.com



Green Medicine™ Radio

Health questions? Join us live on Green Medicine™ Radio, where for two hours each week Dr. Wright takes calls from listeners with their health concerns. Tune in every Saturday from Noon–2PM Pacific Time on Seattle's KVI AM 570, or streaming online at www.KVI.com/listen.

Since 2010 Green Medicine™ Radio programs have been archived at www.GreenMedicineOnline.com. Thanks to our volunteer webmaster John DeBlaiso, the website has been updated and optimized for iPhone and Android devices, allowing you to search out and listen to hundreds of health topics from past shows "24/7"! Why not recommend us to your friends and family? Visit us at www.GreenMedicineOnline.com.

On Wednesdays, Dr. Wright and the Tahoma Clinic physicians also post videos on important health topics to Dr. Wright's YouTube channel at <https://www.youtube.com/user/Quantum-HD>. Upcoming topics are announced at www.Facebook.com/TahomaClinic.

Subscribe Now: 1-800-230-2762