How to Prevent and Treat Radiation Damage From Cancer Treatment

If you’ve been radiated for cancer and have developed problems as a result, a new study has some encouraging news.

Researchers selected a group of 17 patients with radiation proctitis (rectal damage from radiation for cancer) for the study. They were not responsive to conventional therapy. Radiation damage is about impossible to treat conventionally.

They received ozone gas treatment rectally and topical application of ozonized oil. At follow up, averaging 40 months, they had highly significant improvement.

I’ve spoken out against the horrors of conventional cancer therapy. But I respect the choice of patients to pursue their oncologists’ therapies. However, I’ve found that in treating my patients simultaneously with oxidation, we’ve consistently seen far less toxicity and greater efficacy of the conventional toxic therapy.

In this study, we see that even after the fact, oxidation can induce healing from radiation injury even when conventional medicine fails. I do believe that ozone therapy will help radiation-induced problems most anywhere in the body by triggering healing mechanisms that Western medicine just cannot do.

If you have chosen radiation for cancer management, please get in touch with an oxidation specialist. Prevention is best, but if you’ve already had the treatments, it’s not too late – ozone trumps conventional medicine’s lack of remedies. You can find a well-trained oxidation specialist at

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When Flossing Isn’t Enough — New Drinks That Might Stop Gum Disease

Are your gums receding? Do they bleed when you floss? Has your dentist said you have gum disease? If so, he probably didn’t tell you this simple way to fight it.

Simply drink a good probiotic. That’s right! There are now probiotic drinks on the market that can help you fight gum disease. A new study shows just how effective they can be.

In this study, researchers assessed 28 healthy adults for the effects of a probiotic drink on a “plaque-inducing diet.” Furthermore, they told the subjects not to brush their teeth for the final two weeks of consuming the drink. The good news was that those consuming the drink had reduced inflammation and bleeding in their gums caused by the increased plaque. In other words, the probiotics kept the additional plaque from destroying their gum tissue.

The probiotic mild drink was Yacult. You can learn more about it — and find

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out where you can buy it – at www.yakultusa.com.

But it’s not the only probiotic drink available. There are a multitude of mild fermented drinks on the market. Kefir should ring a bell, and it’s widely available at health food stores and online. Good germs modulate inflammation. Even better, they displace the bad germs. So if you have periodontal disease or gingivitis, consider a good probiotic drink and swish it around in your mouth before you swallow! Or, if you’re already taking Advanced Probiotic Formula (800-791-3395), simply open the capsule, pour the contents in your mouth, and swish it around before swallowing.


More Proof That Toxins Cause Autism

I’ve written about the role toxins, primarily from vaccines, play in autism in the past. Now there’s even more evidence that toxins cause this brain disorder.

Researchers from the University of Southern California led a study of more than 500 children. They found exposure to high levels of air pollution caused a three-fold increase in the risk of autism compared to kids living in cleaner air.

Uta Frith, a professor of cognitive development at University College London, said: “It seems to me very unlikely that the association is causal…. But, the study did not get us any further since it does not present a convincing mechanism by which pollutants could affect the developing brain to result in autism.”

This is crazy. I’m not a rocket scientist, but I know that when you mix liquid oxygen and hydrogen together and ignite the mix, you get propulsion (or an explosion). In 1945, we did not need a convincing mechanism to know how nuclear radiation poisoned those exposed in Japan.

Medicine has belatedly but definitely accepted the explosion of research on redox (oxidation/reduction) status of your cells. In fact, other research has shown that the light works best where the redox status is actually faulty, and the light doesn’t help at all if the redox status is optimal. You need more NAD+ in your cells to jump-start biochemical reactions. Cancer cells are overly reduced, meaning they’ll have a very low NAD+/NADH ratio. That indicates they aren’t using oxygen to grab the excess of electrons, like a normal cell does.

China is well ahead of us in light research and treatment. One study found that intranasal light therapy for 60 minutes per session, once daily over 10-14 days, improved insomnia for 82% of patients. In a study on patients with mild cognitive impairment, intranasal red light improved red blood cell deformability compared to placebo. That means the red cells became less stiff. That’s crucial for the cells to squeeze through your small capillaries, which have a smaller diameter than your red cells themselves. This brings better blood flow and oxygen delivery, and less of a requirement for more pressure to squeeze the red cells through!

In 2002, another Chinese study evaluated 47 Alzheimer’s disease patients and 22 patients with gastric ulcers as controls. The researchers treated the participants with a red intranasal laser once daily each morning for 30 days. Melatonin levels increased in the Alzheimer’s group, as did a memory test, but there was no change in the gastric ulcer group.

A study on Parkinson’s disease in 2003 found that intranasal laser treatment for 30 minutes each morning for 20 days improved symptoms in two-thirds of the patients. Out of these, 30% had significant improvement and 57% had mild improvement. When it comes to Parkinson’s symptoms, any improvement is most desirable.

Furthermore, levels of SOD enzyme (a key protective and anti-aging enzyme) and melatonin (a key repair and protective molecule made during sleep in your pineal gland) both rose. At the same time, MDA (malondialdehyde), a marker for destructive oxidative damage, decreased. Even better, an intestinal enzyme called cholecystokinin-octapeptide, which high levels have a deleterious effect on cognitive ability, declined to normal levels.

Yet another Chinese study on Parkinson’s found improvements in 89% of patients, with 27.7% having significant improvement. And, an animal study found that low-level light irradiation at 670 nm (similar to the red

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environmental factors (toxins, nutrients, lack of nutrients) on the expression of genes. This is called epigenetics. We know that pesticides kill off neurons, which can lead to Parkinson's. We know that environmental toxins are absolutely implicated in many diseases. We know that many kids get autism after vaccines. We know that many kids get allergies after vaccines. We know that levels of lead once thought “safe” can lower IQ in children. The only reasonable conclusion here is that environmental factors are at play in highly vulnerable, rapidly multiplying cells (early childhood neurons). It's not just vaccines, just like it’s not just air pollution. So clearly, autism is a tragic result of a multitude of toxic assaults on the brains of the most vulnerable, with something in particular (not the same in all children) being the “straw that breaks the camel’s back.” Medicine is always looking for the single “magic bullet” cure or the “single cause” of most any disorder, when it could be a myriad of causes.

Could it be any clearer that disease, from autism to cancer, is a manifestation of many toxic influences upon stressed systems (combined with malnutrition and/or stress)? And just like every racehorse has an individual threshold beyond which he will collapse, every person has a threshold beyond which further toxins will cause overt damage.

There is a lesson in this story for us middle-aged and senior citizens. Reduce your toxin exposure (and do regular detoxification from chelation to sauna/sweats). I also recommend you take

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

www.AdvancedBionutritionals.com

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

laser) prevented loss of vulnerable neurons in the substan-
tial nigra, the brain area deranged in Parkinson’s.

Do you have headaches? A 1998 study treated 39 patients with chronic migraines and trigeminal neuralgia similarly for 30 minutes per session per day over two five-day periods with a two-day break in between. Improvement occurred in 90% of patients with two-thirds having significant improvement. Improvements in local blood flow alone might account for these findings!

What about depression? A pilot Chinese study on depressed patients showed a remarkable 63% reduction when the researchers irradiated their foreheads with a longer wavelength (810 nm which is infrared). Blood flow to the frontal cortex increased. That’s the area of higher brain functioning! Remember the SPECT brain scan findings on page 2. This study confirms those results.

Now let’s translate the above to treatment for the average American. The Chinese were using old technology that required you to plug the device into an outlet. That’s not very convenient. They also used laser light. Recent research indicates that it is the wavelength that does the trick and that the light doesn’t have to be a laser. So, a far cheaper LED light (emitting the required wavelength) will have a nearly identical effect. And, in recent years, LED technology has been so miniaturized that we can accomplish an intranasal administration with a single battery power supply.

Lew Lim, of MedicLights research, Toronto, is a brilliant engineer and entrepreneur who came to meet with me in Santa Rosa. He’s developed an amazingly small device called the Vielight, which you can easily carry in your shirt pocket. It provides a power supply to an LED light that you can very comfortably insert into your nostril to provide the requisite energy and wavelength. Better for us, since, as it is a LED and not laser, there are no FDA concerns. (Lasers carry a warning regarding shining directly into your eyes.)

You might wonder why intranasal LED administration works so well. There are several reasons. The 630 nm wavelength penetrates tissues at least 1 cm. That will get the energy close to or into your brain. The bones in back of the nasal cavity are paper thin, and will easily transmit the red light. Plus, your nose septum is among the richest tissues in capillaries. The red wavelength will easily penetrate all the red blood cells in this blood-rich area, bathing them in the stimulating and healing
light. This can improve their oxygen delivery performance. In the 25-minute preset treatment, you are treating a large percentage of your red blood cells.

The cost of Lim’s LED red intranasal light (at 633 nm wavelength) is just $299. He is so sure of its value to you that he has offered Second Opinion readers a money back guarantee. I’ve never seen a money back guarantee for any re-saleable healing device. Use it for three months. If you don’t like it, return it, and you’ll get an 80% refund. He can’t do a 100% money back guarantee since he can’t resell the device.

My goal here is to get you information you can use to heal yourself at home with limited trips to any doctor, including me. Some of the healing methods I’ve written about, while incredibly effective, may be out of the price range for many people. This device may provide the most cost-effective means of treatment of anything I’ve written about. Lim reports that the feedback received from customers (including practitioners) largely supports the clinical data of the Chinese studies.

The Vielight may hold promise to help you restore homeostasis (balance) in high blood pressure and vascular conditions by improving the rheological (flow) properties of your blood. If you choose to try it, please use once daily. It’s so comfortable, you can easily use it when you go to bed. It’s preset to shut off after 25 minutes. You can order the lights by calling 855-377-6936.


This Powerful Nutrient Treats Cardiovascular and Brain Disorders

In last month’s issue, I told you the real reason the French have a lower heart disease rate than we do in the U.S. The answer comes down to their high doses of vitamin K2, which they get in their organic butterfat. But the K2 miracle gets even better with what I have to tell you this month.

I told you last month about the amazing findings of Dr. Weston Price. He found his mysterious compound Activator-X was essential for your brain’s health. Neuroscientist Patrik Verstreken published incredible research in the prestigious journal Science that has

supplements, such as Advanced Detox Formula (800-791-3395), which can help remove the toxins from your body.


Should You Get an Annual Physical or Preventive Cancer Screening?

Do you get an annual physical every year? If so, you may want to reconsider. I’ve told you in the past that these routine doctor visits aren’t necessary. In fact, they could result in more unnecessary medical intervention. And now a new study shows that the routine medical check-up is absolutely garbage.

A Danish study on 180,000 patients found there is just no health benefit to the “check up.” It’s quite possible the opposite is true — false alarms leading to medically generated problems.

That report came just a few days before a New York Times report stating that screening for ovarian cancer is likely to do more harm than good. The tests do nothing to prevent healthy women from dying from the lethal disease, yet they often lead doctors to perform needless surgeries that can cause bad complications.

The researchers based that study on evaluations of 78,000 women between the ages of 55 and 74. They screened half with ultrasounds and blood tests for tumor markers. The other half didn’t go through any screening. They followed these women for 11 to 13 years. The death rate was the same in both groups.

Even worse, nearly 10% of those screened, more than 3,200 women, had false-positive results. More than 1,000 of these went on to have one or two ovaries hacked out. This led to other complications such as injuries to other organs, blood clots, infections, etc.

I’ve said for a long time that we don’t have a “health system” in our country. We have a “disease maintenance system.”
However, I think that label needs to be changed. Perhaps it would be better called a “disease and injury-inducing system.”

You see, we already knew that for all the horrific mutilation inflicted upon men for prostate cancer, those so hacked, poisoned, or burned do no better overall than doing nothing. Now we see it’s true for women and ovarian cancer.

What about for other conditions? Well, if you look at most medical drug studies, you have to inflict the treatment on scads of people to get one person to benefit. But because of the way they falsely report (a 50% reduction in risk), you get enticed to enter “the disease and injury-inducing system” in return for reducing your risk from say 2 in 5,000 to 1 in 5,000. You hear a “50% reduction in risk,” which is true, but the absolute reduction is infinitesimal. Plus, the “treatment” exposes you to all the injury the screening can inflict.

What I can’t fathom is that “esteemed” publications like the Times and others do report these simple facts, but can’t link the dots that more “health care” means more medical-inflicted injury.

In my humble opinion, the best way to

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when I told you about nattokinase. Natto is made from a special fermentation of soy. The bacteria produce both K2 (as MK-7) and nattokinase (the enzyme that naturally dissolves unwanted clots – safely). Just ¼ ounce of natto will provide 200 mcg of K2. I happen to like the taste of natto; many people don’t. The texture is a bit slimy and many Westerners also don’t like its smell. But it’s a great source of K2.

The most outstanding source in animal foods is goose liver. Significantly below that are: certain hard and soft cheeses, egg yolk, goose leg, butter, chicken liver, and cheddar cheese. Three and a half ounces of goose leg will net you at least 30 mcg of K2. You’ll need to double the others to match. Goose liver pate has 369 mcg of K2 per three ounces. Natto has 1,103 mcg of K2 per three ounces. The “Rotterdam study” suggests that if you eat foods rich in natural vitamin K2 (at least 32 mcg per day) you’ll net a 50% reduction of arterial calcification, a 50% reduction of cardiovascular death, and a 25% reduction of all-cause mortality.

Of course you can supplement vitamin K. A review article by Cees Vermeer, PhD reported one study that found that just 1 mg of K1 prevented loss of arterial elasticity over three years, while the placebo group lost 12% elasticity (meaning arteries became stiffer). It takes only 45-90 mcg of K2 to accomplish the same. K2 is the preferred form, perhaps 20 times more powerful.

There are plenty of K2 supplements on the market. My favorite is Allergy Research/Nutricology’s Full Spectrum K. Most reputable products for osteoporosis have an adequate minimum amount.

If you are taking Coumadin, you MUST speak with your doctor before considering taking any form of vitamin K!

Dear Reader,

Each month in the letters column, I try to answer as many of your questions about health and medicine as possible. It’s simply impossible for me to answer letters personally. Plus, I obviously can’t make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you’d like answered, send it (typed only) to:

Second Opinion Letter
P.O. Box 8051,
Norcross, GA 30091-8051

Thank you,

Robert Rowen

If you’re interested in a personal phone consultation with Dr. Rowen, please call his administration in California at 1-707-578-7787 (10 a.m. - 3 p.m. PST, Mon.-Thurs.) for a schedule and rates. All other calls should be made to Second Opinion’s Publisher at 1-800-262-3164 (8 a.m. - 6:45 p.m. EST, Mon.-Fri.)

Q: I have torn ligaments in the left side of my neck from a car accident and subsequent re-injury. Is my condition a candidate for treatment by PEMF? If so I will be buying one very soon. I would be in your office immediately but I am writing from Colorado Springs, CO. — Michael M., Colorado

A: I have a few suggestions for you. First, Steve Kaufmann, DC is in Boulder and teaches Pain Neutralization Technique. I’ve seen him do miracles instantly and I’ve talked about him in these pages. I recommend visiting his office since you’re in Colorado. His number is 303-756-9567.

Ligaments are hard to heal, as they have a poor blood supply. Prolozone delivers healing oxygen right to the injured site. Plus ozone dramatically jump-starts healing. While I haven’t treated an injury like yours with PEMF, I have seen great success, even “instant” results, with Prolozone. Please visit: www.youtube.com/user/RobertRowenMD

PEMF, which stands for pulsating electromagnetic fields, is definitely worth a try. It provides “free” healing energy that penetrates several inches. I cannot assure you that it will work. I am combining PEMF with Prolozone in my office for my super tough patients. The SomaPulse is far less powerful than the PEMF used in professional offices, but its price is also far, far less, and designed for home use. It has the added benefit that you can use it hours on end without any problems.

Please be patient with PEMF. Use it for many hours, day after day before rendering judgment on it. Apply the smooth surface of the pads on the affected area of your neck. If you choose PEMF, please let me know of its success or failure in helping you. You can order the SomaPulse home unit by calling 888-926-5006. Tell them you’re a Second Opinion reader for savings of $400 off the retail price.

Q: I saw that there was a big rally in Washington, DC against Monsanto. I know you’re not a fan of Monsanto. But is this company really as bad as you say? — Dan H., via e-mail

A: Actually, they’re much worse than what I’ve said in this newsletter. There’s just not enough space to cover all Monsanto is doing to destroy your health and our planet.

Long time readers know I refer to the U.S. government as a pawn of corporate interests. While my focus is the FDA and its “ownership” by Pharma, government manipulation is far worse and Monsanto is at the heart of it.

How would you feel if your local government passed a law that said ROBERT ROWEN, INC. could build a factory next to you and that you could not sue that company in court if the company was putting something into your groundwater (or wafting into the air you breathe) that was later found to be toxic? You’d be left with no standing for redress to stop the company from imminently harming you.

Well, the best government that money can buy has done exactly that with Monsanto! Very quietly, and in apparent violation of referral of the rider to committee oversight, the House of Representatives stuck a provision into the Agricultural Appropriations Bill for 2013 (HR 933). This provision protects genetically modified seeds from litigation in the face of health risks. The provision, now called the “Monsanto Protection Act” by concerned citizens, strips federal courts of the authority to immediately halt the planting and sale of the seeds and subsequent crops, regardless of any consumer concerns.

For the government to blatantly protect an industry by forbidding litigation against it is a crime against the people, in my opinion. The only recourse against any company, not being flesh and blood, is litigation. But soulless corporations now own government and have found a way to insulate themselves from the horrors they may perpetrate upon you.

Over 250,000 people lobbied President Obama to veto the act due to this provision. Candidate Obama in his first campaign stated people had a right to know what’s in their food. Need I say more? Roy Blunt is the Monsanto-bought senator from Missouri, who snuck this in. I thought you’d like to know.